

Supervision Case Write up

(suggested no of words=500 per section, 2,500 words total)

General instructions: chose a supervisee whom you supervised and provide brief information within the following categories.

1. Supervisee information.

Name, age and gender

Occupation:

Graduate qualifications and professional background: :

Experience as a psychotherapist\counselor:

Experience and knowledge of CBT pre-supervision.

Client groups worked with:

2. Supervision information:

Kind of clients who were the focus of supervision”

Frequency and duration of supervision sessions:

Length of time you have engaged in supervision with this individual: (If continuing please note this and for how long it is likely to continue)

Format (Group or individual):

3. Assessment, Conceptualization & Planning

Assessment of supervisee's strengths and weaknesses as a CBT therapist

a. Strengths

b. Weaknesses

Areas supervisee asked for help with:

Conceptualization of supervisee's weaknesses (formulation of problems experienced in applying CBT)

Specify briefly one situation or client the supervisee struggled with, what the nature of the problem was and how it was addressed in supervision.

4. Goal setting and implementation

Supervision goals: (Indicate goals arrived at collaboratively)

Supervision plan: (Detail means by which these goals would be reached)

Supervisory relationship (characterize the nature and quality of the supervisory relationship, any obstacles encountered, how these were conceptualized and resolved)

Any unusual or special difficulties encountered in supervising this individual:

Procedures\methods used in supervision: (Indicate didactic methods, real life demonstration role plays, recommended readings ,etc)

Observation of supervisee's work: (Note if the supervisee provided work samples such as tapes which you viewed or listened to and rated or if you had opportunities to observe in other ways the supervisee's work. If no samples were available, was this suggested \asked for or were there obstacles to providing it)

5. Outcome and follow up

Outcome of supervision: (Report briefly on the outcome of supervision or if ongoing describe progress to date)

Follow up (What suggestions or plans for the supervisee's continued acquisition of CBT skills were made such as reading, attendance at workshops, extra supervision etc)