Making the Most of Supervision

A preparation and reflection sheet | For clinicians
Use a de-identified summary. Do not record client names, dates of birth, or other identifying details on this worksheet.

My priority for today

What decision, skill, clinical question, or professional concern needs attention?

Context and my current thinking

Briefly note relevant strengths, systems, culture, power, access barriers, and your working understanding. Include only what is needed for discussion.

Where I want feedback

What have I considered or tried? What am I uncertain about? Are there ethical, boundary, scope, or safety questions to discuss?

My response to the work

What feelings, assumptions, or reactions might be shaping my approach? What support or learning do I need?

After supervision: my next step

Record the action, who is responsible, when to follow up, and what you will revisit.