|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Development -Reflective | Triggering Event | Level 1: Dependence | Level 2: Dependence/ Autonomy | Level 3: Conditional Dependence | Level 4: Master |
| CharacteristicsBegins when a situation is confusing, surprising, or upsetting (trigger event) | [ ]  Identifying Triggering Event Response: [ ]  Confusion[x]  Surprise[ ]  DiscomfortFocus of Discussion:[x] Skills/Strategies[ ]  Personhood Issues[ ] Conceptualization | [ ]  Insecure[x]  Anxious[ ]  Unaware[x]  High Motivation   | [ ]  Fluctuation [ ]  Motivation [ ]  Confidence [x]  Overwhelmed  | [ ]  Stable Motivation[ ]  Increases [ ]  Confidence [ ]  Awareness   | [ ]  Autonomy[ ]  Insight[ ]  Awareness[ ]  Security |
| Needs | [x]  Supervisory Guided Reflection[ ]  Self-reflection[x]  Validation[ ]  Self-Supervision Skills  | [x]  Teaching[ ]  Interpretation[x]  Support[ ]  Exemplification[x]  Awareness Training   | [ ]  Support[ ]  Ambivalence [x]  Clarification[ ]  Exemplification[ ]  Teaching[x]  Learning Guided Reflection | [ ]  Peer-ship[ ]  Sharing[ ]  Exemplification[ ]  Confrontation | [ ]  Peer-ship[ ]  Sharing[ ]  Confrontation[ ]  Consultation |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Process:Discriminatiion Model | Focus | Role | Medium | For | Notes |
| Primary | [ ]  Intervention[ ]  Conceptualization[x]  Personalization[ ]  Professional Issues | [x]  Teacher[ ]  Counselor[ ] Consultant | [x]  Verbal[ ]  Expressive Arts [ ]  Sand Tray [ ]  Art Mediums [ ]  Body Work | [ ]  Video Review [ ]  Theory[ ]  Client Issues [ ]  Site Issues[ ]  Evaluation [ ] Ethics [x]  Documentation [ ]  Diversity[x]  Skill Review [ ]  R/L neuro[x]  Supervision [ ]  Self-Care[ ]  Termination [ ]  Other[ ]  Countertransference[ ]  Personal Issues |  |
| Secondary | [ ]  Intervention[ ]  Conceptualization[ ]  Personalization[x]  Professional Issues | [ ]  Teacher[x]  Counselor[ ]  Consultant | [ ]  Verbal[ ]  Expressive Arts [ ]  Sand Tray [ ]  Art Mediums [ ]  Body Work | [ ]  Video Review [ ]  Theory[ ]  Client Issues [ ]  Site Issues[ ]  Evaluation [x]  Ethics [ ]  Documentation [ ]  Diversity[ ]  Skill Review [ ]  R/L neuro[ ]  Supervision [x]  Self-Care[ ]  Termination [ ]  Other[ ]  Countertransference[ ]  Personal Issues |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Working Alliance | Adlerian Themes | Strength | + SuperviseeCharacteristics | - SuperviseeCharacteristics | + Supervisor Characteristics | - Supervisor Characteristics |
| Psychodynamic(Adlerian)Lens | [x]  **Social Embeddedness**[x]  External Validation[x]  Internal Validation[x] Egalitarian[ ]  **Holism**[ ] Interconnected thinking[ ] **Striving for Superiority**[ ]  **Crucial C’s**[x]  Connect[ ]  Capability[ ]  Count[x]  Courage | [ ]  Strong[ ]  Moderate[x]  Weak | [x]  Open[x]  Engaged[x]  Vulnerable[x]  Receptive[ ]  Trust[ ]  Patience[ ]  Self-discipline[ ]  Resiliency  | [ ]  Guarded[ ]  Unengaged[ ]  Defensive[ ]  Resistant[ ]  Distrust | [ ]  Collaboration[ ]  Challenge[x]  Genuine Curiosity[ ]  Perspective Taking[x]  Empathy[x]  Patience[x]  Self-Disclosure | [ ]  Countertransference[ ]  Noncollaborative[ ]  Impatient[ ]  Lacking Empathy[ ]  Lacking Acceptance[ ]  Not Genuine[ ]  Insecure |

|  |  |
| --- | --- |
| Ethical Concerns | Multicultural / Diversity Concerns |
|  |  |

CP and I met for our first supervisory meeting 1/23/2024 in Office 1 in the Graduate Education building for one hour. We began with building rapport through basic background information surrounding topics such as our educational backgrounds, professional trainings, areas of interest, theory of interest, and where we grew up to learn more about one another. I utilized the Values Clarification questionnaire and the Lens Activity to help us learn more about what we value, share our personal identifying lenses, and implemented this as a strategy to discuss broaching. I went over how to find and use the ACA Code of Ethics as a resource and asked for clarifying details on her areas of interest. CP stated that she is interested in working with addiction and substance use and is torn between using an Existential theoretical approach or CBT. She is unsure of when she can begin accruing hours and what her case load will look like and will investigate it before our next supervisory meeting. When discussing receiving feedback, she prefers direct feedback. Her goals within supervision include becoming more comfortable with decision-making and herself as a counselor.