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

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

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

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| Ethical Concerns | Multicultural / Diversity Concerns |
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Summary:

CP and I met for our tenth supervisory meeting 4/5/2024 in \_\_\_’s office in the advising suite in the John White Engineering building for one hour. Cat and I began the session by discussing how she is feeling about clients terminating early and feeling like she is struggling with clients discussing “light” topics with her. She and I discussed how these feelings of uncertainty can give her feelings of incompetency as well. We discussed how these early terminations can be caused by many different reasons and how she cannot take all of that blame on herself. I utilized appropriate self-disclosure to help her understand that it happens to many counselors, including myself to help normalize how she is feeling. We also created a dialogue surrounding what she considers “light” topics in counseling and the benefits clients may receive by engaging in those conversations with her. We discussed how that may be more therapeutic for her clients at this time rather than “diving into trauma.” We also watched a video of her working with a client she states that she “struggles to interrupt” and paused the video as needed to review her skills. We would also pause the video to discuss how she would respond differently to the client looking back and how she perceives herself now. We discussed her strengths and growth edges, including remaining calm as the client escalated and helping the client cool down after escalating and conversely, how she can feel so empathetic that she sometimes matches the affect of the client.