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| 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) | [x]  Identifying Triggering Event Response: [x]  Confusion[ ]  Surprise[x]  DiscomfortFocus of Discussion:[x] Skills/Strategies[x]  Personhood Issues[ ] Conceptualization | [x]  Insecure[x]  Anxious[ ]  Unaware[ ]  High Motivation   | [x]  Fluctuation [x]  Motivation [ ]  Confidence [x]  Overwhelmed  | [ ]  Stable Motivation[ ]  Increases [ ]  Confidence [ ]  Awareness   | [ ]  Autonomy[ ]  Insight[ ]  Awareness[ ]  Security |
| Needs | [x]  Supervisory Guided Reflection[x]  Self-reflection[x]  Validation[ ]  Self-Supervision Skills  | [x]  Teaching[x]  Interpretation[x]  Support[x]  Exemplification[ ]  Awareness Training   | [x]  Support[x]  Ambivalence [x]  Clarification[ ]  Exemplification[x]  Teaching[ ]  Learning Guided Reflection | [ ]  Peer-ship[x]  Sharing[ ]  Exemplification[ ]  Confrontation | [ ]  Peer-ship[ ]  Sharing[ ]  Confrontation[ ]  Consultation |

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

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| Working Alliance | Adlerian Themes | Strength | + SuperviseeCharacteristics | - SuperviseeCharacteristics | + Supervisor Characteristics | - Supervisor Characteristics |
| Psychodynamic(Adlerian)Lens | [x]  **Social Embeddedness**[x]  External Validation[x]  Internal Validation[ ] Egalitarian[ ]  **Holism**[x]  **Lifestyle**[x] Interconnected thinking[ ] **Striving for Superiority**[ ]  **Crucial C’s**[x]  Connect[x]  Capability[x]  Count[x]  Courage | [ ]  Strong[ ]  Moderate[x]  Weak | [x]  Open[x]  Engaged[x]  Vulnerable[x]  Receptive[x]  Trust[ ]  Patience[ ]  Self-discipline[x]  Resiliency  | [ ]  Guarded[ ]  Unengaged[ ]  Defensive[ ]  Resistant[ ]  Distrust | [x]  Collaboration[x]  Challenge[x]  Genuine Curiosity[x]  Perspective Taking[x]  Empathy[x]  Patience[x]  Self-Disclosure | [x]  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.