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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 (work-life balance)  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 |
| * Still assisting a client with setting up telehealth services and discussed our roles and boundaries as counselors. We discussed having a family member helping the client set it up before session rather than using session time to assist her. |  |

Summary:

CP and I met for our seventh supervisory meeting 3/5/2024 in Dr. \_\_\_’s office in the Graduation Education building for one hour. CP began the session by discussing her work-life balance and how much that is impacting her. We also discussed her being “agreeable” during our supervisory sessions and how to work through that, so her personal thoughts and opinions are heard accurately and effectively as we continue working together. We discussed this difficulty for her as she describes herself as a “people pleaser.” We went over strategies to help her overcome this in our sessions together such as speaking up when she may not agree and feeling comfortable that we may have different opinions or taking a minute to think about how she wants to respond. We also discussed needs that require more time in sessions than others such as site or client issues rather than consultation. We also discussed how this may be challenging in the therapeutic alliances she is building with her clients. We also went over a tape she brought in and discussed her strengths and growth edges. We also discussed clients she is seeing and what boundaries she should be placing with them regarding telehealth sessions and having it set up ahead of time rather than helping them.