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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: [ ]  Confusion[ ]  Surprise[x]  DiscomfortFocus of Discussion:[ ] Skills/Strategies[x]  Personhood Issues[ ] Conceptualization | [x]  Insecure[x]  Anxious[ ]  Unaware[ ]  High Motivation   | [ ]  Fluctuation [ ]  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  | [ ]  Teaching[x]  Interpretation[x]  Support[ ]  Exemplification[ ]  Awareness Training   | [x]  Support[ ]  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[ ]  Client Issues [ ]  Site Issues[ ]  Evaluation [ ] Ethics [ ]  Documentation [ ]  Diversity[ ]  Skill Review [ ]  R/L neuro[ ]  Supervision [x]  Self-Care[ ]  Termination [x]  Other (work-life balance)[ ]  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 [x]  Ethics [ ]  Documentation [ ]  Diversity[x]  Skill Review [ ]  R/L neuro[x]  Supervision [ ]  Self-Care[x]  Termination [ ]  Other [ ]  Countertransference[ ]  Personal Issues |  |

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