**Supervision Review**

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| Provide an account of your reflections for these sessions. Include details of any models of reflection you use. Also provide the volunteers feedback. 250 – 300 words maximum |
| **Facts of the case** (anonymised - who, what, when etc):  **Approach taken/proposed** (agreed goal(s), treatments):  **Reflection** (what's worked/not worked; your own feelings about your approach):  **Questions/way forward** (for supervision): |

**Self-reflection & rating**

Please rate the following dimensions using a 0 – 10 scale for each of your sessions. If your rating is less than 10 please provide further information:

**Session 1**

|  |  |
| --- | --- |
| Creating trust and rapport & the working alliance |  |
| Effective communication (listening, questions, use of silence) |  |
| Conducting psycho-education |  |
| Nurturing hope |  |
| Skills training |  |
| Challenging & raising insight |  |
| Helping create action plans towards goal achievement & application in daily life |  |
| Evaluating progress during sessions and the relationship. |  |
| Ensuring client attribution (client takes credit) |  |
| Relapse prevention |  |

**Session 2**

|  |  |
| --- | --- |
| Creating trust and rapport & the working alliance |  |
| Effective communication (listening, questions, use of silence) |  |
| Conducting psycho-education |  |
| Nurturing hope |  |
| Skills training |  |
| Challenging & raising insight |  |
| Helping create action plans towards goal achievement & application in daily life |  |
| Evaluating progress during sessions and the relationship. |  |
| Ensuring client attribution (client takes credit) |  |
| Relapse prevention |  |

**Session 3**

|  |  |
| --- | --- |
| Creating trust and rapport & the working alliance |  |
| Effective communication (listening, questions, use of silence) |  |
| Conducting psycho-education |  |
| Nurturing hope |  |
| Skills training |  |
| Challenging & raising insight |  |
| Helping create action plans towards goal achievement & application in daily life |  |
| Evaluating progress during sessions and the relationship. |  |
| Ensuring client attribution (client takes credit) |  |
| Relapse prevention |  |

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| End of treatment review. Please provide a detailed overview of your effectiveness and impact during this treatment along with any key points of learning. Your review should be no more than 500 words |
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The information submitted in this review is a true reflection of the sessions I conducted with my case study participant

Name: Signed: Date: