

**L&C MCFT PROGRAM**  
**SUPERVISION WORKSHEET**  
**(EXPLANATION)**

Please use the following outline to prepare for individual and group supervision at your clinical sites and on campus. Make copies for your supervisor and colleagues. Keep in mind your theoretical approach as you identify goals for supervision and conceptualize the case (e.g., if you are using structural family therapy, include a family map; for solution focused therapy include language about exceptions; etc). At the end of your presentation, collect and shred your colleagues' copies.

**Therapist:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Case ID:** \_\_\_\_\_ **Video** \_\_\_\_ **Case** \_\_\_\_ **Live** \_\_\_\_

**Theoretical Approach(es)** \_\_\_\_\_

**Specific Goals for Supervision:**

- 1.
- 2.
- 3.

**Family/system members & background information (e.g., genogram, Structural diagram)**

- Names: Use numbers or code words to protect confidentiality
- Background Information: ages, genders, ethnicities, races, grades/education, living situation, languages, citizenships, relationship status, appearance, and general presentation

**Presenting Problem**

- Include a general description of the clients' problem(s) in their own words.
- How does the concern interfere with everyday functioning and relationships?
- What caused the clients to enter counseling at this time?
- Include externalization of problem if fitting
- Problem stories if fitting

**Therapy Goals**

- There are a number of ways to word and express goals, e.g., solution focused criteria for well-defined goal, therapy goals from perspective of narrative externalization, structural goals

**Strengths and Resilience, e.g.,**

- Exceptions to the problem
- Stories of resilience
- Temporary relief
- Parts of structure that work
- Spirituality

**Pattern of Interaction**

- Can you as a therapist and/or clients identify patterns of interaction that surround the concern? When does it occur? With whom? What happens before and after its occurrence?

**Life Setting**

- How do clients spend a typical day or week? What social, spiritual, and religious activities, recreational activities are present? What is their living environment like? What are their most important relationships?

**Family History (You may want to include Genogram)**

- Family member's ages, households, occupations, descriptions of personalities, relationships to each other, etc.
- Intergenerational relationships
- History of family struggles (e.g., emotional disturbance, substance abuse, physical illnesses, abilities issues, abuse & neglect)
- History of family strengths and resilience (e.g., spirituality, stories of overcoming odds)
- Biographical Turning Points, e.g., what points of change have occurred in the clients' lives? How did they manage these changes?

**Outside Systems (e.g., ecomap)**

- Include religious systems, schools, court and legal systems, medical systems, other treatment providers, government systems such as child protection, etc.

**Description of Therapy**

- Course - # of sessions, lateness, no-shows, who has attended sessions, who you have invited to participate
- Content – brief description of issues clients bring to sessions.
- Process – how do the clients relate to you in session? What does it feel like being with them, what is the interpersonal style in the counseling relationship.
- Clinical Assessment – This section should be a summary of the clients' problems/issues using information from preceding sections. For example, does a member of the family/system seem depressed or anxious? Address suicidal ideation (either past or present) threat of harm to self or other, suspicion of abuse or neglect, etc. Provide extensive details pertaining to high risk situations and

make certain to alert both your on-site supervisor and the course instructor immediately of risks.

- Interventions you have made thus far and the results of those interventions.

**Conceptualization of Problem**

- This section should be your assessment of why the clients have these problems and involves tying together all information presented in the report in a summary statement or paragraph. What is your understanding (theory) of the clients? What is your understanding of the clients' problem/s? What are the recurring themes? What do you think is the clients' prognosis for getting better? How do the different areas of history, personality, and environment interact to contribute to the problem? From different theoretical perspectives.

**Input from Supervisor and Colleagues:**

- Use this section to record suggestions from the group and your supervisor that you found useful.

**Supervisor Directives:**

- This section and the signatures that follow are used only when a specific directive is given to you by your supervisor. You will need to follow the directive and follow-up with your supervisor about the outcome.

**Supervisee Signature:** \_\_\_\_\_

**Supervisor Signature:** \_\_\_\_\_