

WHAT SHALL I BRING TO SUPERVISION?

A gentle supervision check-in

You do not need to explore every section. Notice what feels important, uncertain, emotionally present or connected to safety.



1

1. THE CLIENT'S WORLD

What is the client experiencing, needing or communicating?

Changes, patterns, strengths or concerns I have noticed...

2

2. MY WORK WITH THE CLIENT

What did I do, say, avoid or feel unsure about?

An intervention, decision or moment I want to explore...

3

3. THE RELATIONSHIP BETWEEN US

What seems to be happening within our therapeutic relationship?

Connection, distance, rupture, trust, expectations or repeated patterns...

4

4. MY INNER EXPERIENCE

What happens inside me when I am with or thinking about this client?

Feelings, body signals, assumptions, memories or urges to fix, rescue, withdraw or please...

Pause and notice

Which area feels most important for me today?

Area: _____

What makes this feel important?



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Relationships, context and choosing what matters

5. OUR SUPERVISORY RELATIONSHIP

What might be happening between my supervisor and me?

Something I need, value, disagree with, find difficult to say or want us to understand together...

6. MY SUPERVISOR'S RESPONSES

What might my supervisor notice, feel or understand?

A question I would welcome my supervisor holding with me...

7. THE WIDER CONTEXT

What outside influences may be shaping this work?

- ☐ Placement or organisational expectations
- ☐ Policies, workload or available resources
- ☐ Culture, identity, power or accessibility
- ☐ Training demands or assessment pressure
- ☐ Family, community or wider systems



RISK AND SAFETY — BRING FIRST

Is there anything concerning immediate safety, safeguarding, self-harm, suicidal thoughts, harm to others, abuse, capacity or a serious change?

☐ Yes ☐ No ☐ Unsure

If yes or unsure, I will raise this at the beginning of supervision.



ETHICS AND RESPONSIBILITY

Is anything sitting uneasily around confidentiality, boundaries, consent, competence, record keeping, difference, power or a possible conflict?

☐ Yes ☐ No ☐ Unsure



MY LEARNING AND WELLBEING

What am I learning?

What is affecting my capacity to be present?

What support, clarity, challenge or permission might help?



TODAY I WOULD LIKE US TO PRIORITISE

1. _____
2. _____

If there is time...

What I hope to carry forward...