Selfimprovecoach

SUPERVISION READY

24-WEEK GUIDED JOURNAL

A preparation, reflection and action journal for CBT therapists

24 WEEKS / 6 CORE STAGES

01 Define your question	What decision needs support?
02 Summarise the case	What is the working understanding?
03 Check safety	What needs action now?
04 Review the work	What have you tried and learned?
05 Reflect openly	What is happening in the alliance?
06 Agree next steps	What will you do and review?

WHAT THIS JOURNAL HELPS YOU DO

- Prepare a focused supervision question each week
- Bring a concise, anonymised formulation and progress update
- Track actions, feedback and your developing clinical judgement
- Review learning across four six-week milestones

IMPORTANT: SAFE USE

Do not include client names, dates of birth, addresses or other identifiers.

Follow your service policy for storage, confidentiality, risk and safeguarding.

Urgent risk must be managed promptly through local procedures, not deferred until a scheduled supervision meeting.

HOW TO USE YOUR JOURNAL

START HERE

A flexible weekly structure, not a mandatory clinical record

BEFORE / DURING / AFTER SUPERVISION

1 **Before: prepare**

Complete the first weekly page using anonymised information.

2 **During: explore**

Bring one clear question, consider feedback and note decisions.

3 **After: follow through**

Complete the second page; record actions and review dates.

4 **Every six weeks: review**

Use the milestone page to notice growth and recurring needs.

SIX-WEEK LEARNING CYCLE

Weeks 1–6: establish a clear preparation habit

Weeks 7–12: deepen formulation and intervention reasoning

Weeks 13–18: strengthen reflective practice and alliance awareness

Weeks 19–24: consolidate judgement, action and professional growth

A NOTE ON EXAMPLES

Illustrative example: “How should I adapt behavioural experiments when a client uses subtle safety behaviours?” Use your own clinical question.

PREPARATION PROMPTS

QUICK REFERENCE

Choose only what is relevant; do not turn supervision into a tick-box exercise

DEFINE THE QUESTION

- What decision, uncertainty or stuck point needs input?
- What would be a useful outcome of this discussion?

SUMMARISE THE CASE

- Presenting difficulty, goals, context and working formulation
- What maintains the problem? What strengths support change?

CHECK SAFETY

- Any change in risk, safeguarding or clinical urgency?
- What actions have already been taken under service policy?

REVIEW THE WORK

- What interventions and between-session practice were attempted?
- What did measures, feedback and behaviour suggest?

REFLECT OPENLY

- Any alliance tension, assumptions or emotional reactions?
- What alternative perspectives might be worth considering?

SUPERVISION PREPARATION

WEEK 01 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 01 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 02 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 02 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 03 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 03 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 04 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 04 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 05 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 05 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 06 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 06 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SIX-WEEK LEARNING REVIEW

MILESTONE | WEEKS 1–6

Look for patterns in your clinical reasoning, not a perfect score

Clinical understanding

What has become clearer about formulation or assessment?

Intervention decisions

What approaches have I used more thoughtfully?

Alliance and self-reflection

What have I learned about my responses and collaboration?

Safety and professional judgement

What needs further support or escalation planning?

Next six-week focus

Choose one realistic learning priority.

SUPERVISION PREPARATION

WEEK 07 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 07 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 08 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 08 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 09 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 09 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 10 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 10 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 11 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 11 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 12 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 12 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SIX-WEEK LEARNING REVIEW

MILESTONE | WEEKS 7–12

Look for patterns in your clinical reasoning, not a perfect score

Clinical understanding

What has become clearer about formulation or assessment?

Intervention decisions

What approaches have I used more thoughtfully?

Alliance and self-reflection

What have I learned about my responses and collaboration?

Safety and professional judgement

What needs further support or escalation planning?

Next six-week focus

Choose one realistic learning priority.

SUPERVISION PREPARATION

WEEK 13 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 13 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 14 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 14 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 15 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 15 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 16 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 16 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 17 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 17 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 18 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 18 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SIX-WEEK LEARNING REVIEW

MILESTONE | WEEKS 13–18

Look for patterns in your clinical reasoning, not a perfect score

Clinical understanding

What has become clearer about formulation or assessment?

Intervention decisions

What approaches have I used more thoughtfully?

Alliance and self-reflection

What have I learned about my responses and collaboration?

Safety and professional judgement

What needs further support or escalation planning?

Next six-week focus

Choose one realistic learning priority.

SUPERVISION PREPARATION

WEEK 19 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 19 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 20 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 20 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 21 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 21 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 22 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 22 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 23 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 23 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SUPERVISION PREPARATION

WEEK 24 | PREPARATION

Week beginning: _____ Session date: _____

1 DEFINE YOUR QUESTION

My supervision question

Example: What should I prioritise when progress has stalled?

2 SUMMARISE THE CASE (ANONYMISED)

Presenting difficulties and agreed goals

Example: Social anxiety; aim to participate more in work discussions.

Working CBT formulation / maintaining processes

Example: Fear of judgement → over-preparation → short-term relief.

3 CHECK SAFETY AND CONTEXT

Risk, safeguarding, changes or urgent actions

Record only non-identifying summary; use your service procedures.

Safety action needed now? ☐ **No** ☐ **Yes — follow local escalation policy**

SUPERVISION REFLECTION

WEEK 24 | REFLECTION

Use after your supervision discussion; keep notes anonymised

4 REVIEW THE WORK

What have I tried? What did I notice?

Example: Practised an experiment; the client continued to seek reassurance.

5 REFLECT OPENLY

Therapeutic relationship, uncertainty and my responses

Example: I felt pressure to offer solutions rather than explore.

6 AGREE NEXT STEPS

Agreed actions, responsibility and review point

Example: Review the formulation together next session; revisit in supervision.

Key learning / what I will carry forward

What changed in my understanding? What will I practise?

Action review date: _____ **Status:** ☐ **To do** ☐ **In progress** ☐ **Done**

SIX-WEEK LEARNING REVIEW

MILESTONE | WEEKS 19–24

Look for patterns in your clinical reasoning, not a perfect score

Clinical understanding

What has become clearer about formulation or assessment?

Intervention decisions

What approaches have I used more thoughtfully?

Alliance and self-reflection

What have I learned about my responses and collaboration?

Safety and professional judgement

What needs further support or escalation planning?

Next professional development focus

Choose one realistic learning priority.

YOUR 24-WEEK REFLECTION

FINAL REVIEW

Notice your development and identify priorities for continuing supervision

What I understand better

Clinical patterns, formulations and client perspectives

What has changed in my practice

Decisions, interventions, collaboration and follow-through

What I want to keep developing

A realistic priority for further training or supervision

My next supervision question

One useful question to bring to the next meeting