CBT Supervision Preparation

A guided, printable and fillable therapist worksheet

BEFORE YOU BEGIN

Use a case code only. Do not enter names, dates of birth or identifiable details.

1 Define your supervision question

What is the main uncertainty or decision you need support with?

EXAMPLE How can I revise an unattempted behavioural experiment?

My priority clinical question

What would a helpful supervision outcome look like?

2 Presenting problem and treatment target

Summarise the difficulty, impact, agreed goals and current focus.

EXAMPLE Social anxiety; increasing participation in meetings.

Brief anonymised case summary

Client-chosen treatment target

Formulation and progress

Bring relevant information, not every detail

3 Working formulation

What appears to maintain the difficulty? What remains uncertain?

EXAMPLE Fear of negative evaluation; avoidance and safety behaviours.

Working CBT formulation / maintaining factors

Information that may challenge or refine the formulation

4 Interventions and progress

What have you tried, and why? Include feedback and outcome measures if used.

EXAMPLE Prediction identified; experiment agreed but not attempted.

Intervention rationale and what happened

Client feedback, progress and measures

Safety and reflective practice

Consider clinical governance, alliance and therapist responses

5 Risk, safeguarding and support

Record only a non-identifying summary; urgent concerns need prompt action.

EXAMPLE Review current concerns and follow service procedures.

Relevant risk / safeguarding issues and actions taken

Questions to clarify with supervisor or service

6 Alliance and therapist reflection

Consider disagreement, rupture, assumptions, emotional responses or learning needs.

EXAMPLE I felt pressure to push the experiment forward.

Therapeutic alliance / engagement observations

My responses, uncertainties and learning needs

Supervision discussion and follow-through

Record decisions, responsibilities and what you learned

7 Questions to explore in supervision

Formulation, intervention, engagement, risk or therapist reflection?

EXAMPLE What barriers or safety behaviours should we review first?

Questions and key discussion points

Agreed clinical decision / rationale

8 Action and review

What will you do, what needs checking, and when will you review?

EXAMPLE Review barriers collaboratively before another test.

Agreed actions and responsibilities

Learning, review date and follow-up questions

FINAL CHECK

Clear question | Relevant information | Safety considered | Agreed next step