

Preparing for Supervision

- 1 What are the issues currently presenting in my client work?
- 2 What themes or recurring presentations do I notice?
- 3 Which clients are causing concern?
- 4 Are there any specific clients who have experienced particular breakthroughs or successes?
- 5 Do I have new clients to introduce, or clients that are ending/ended?
- 6 Which clients do I regularly discuss or avoid? Why?
- 7 What issues currently present in my wider work as a counsellor or psychotherapist?
- 8 What organisational issues are helping or hindering my work?
- 9 What are the issues currently presenting on a personal level that are relevant or impacting my work as a counsellor or psychotherapist?
- 10 Which areas of continuing professional development could I helpfully explore?
- 11 Are there any issues in supervision, either facilitative or inhibiting, that I need to name?