



# SUPERVISION WORKSHEET

Designed & developed by Christine A. Padesky, PhD in 1995

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## USAGE

- To be used by clinicians seeking CBT consultation / supervision

## INTENT

- To help the clinician identify what they know and what might be contributing to feeling stuck.
- This form requires them to prepare for their session ahead of time and focus more clearly on the critical issues.

## PROCESS

- The clinician is asked to formulate a “Supervision Question” and then proceed through the form providing information directly relevant to the question at hand.
- This form is then presented during the consultation or supervision session.

## BLOG

- Please check out Padesky’s blog article on why she developed the worksheet and tips on how to use it: ***Better Supervision***
- <https://www.padesky.com/making-supervision-better/>

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# SUPERVISION WORKSHEET

## SUPERVISION QUESTION:

**1) Is there a cognitive model for understanding and treating this client problem?**

If so, write or draw it here. If not, construct a cognitive model for conceptualization and treatment.

**2) Are you following the cognitive conceptualization and treatment plan?**

If not, discuss advantages/disadvantages of cognitive or alternative conceptualizations and treatment plans.

**3) Do you have the knowledge and skill to properly implement the CT treatment?**

If not, ask for help with these skills and this knowledge.

**4) Is the therapeutic response following expected patterns?** If not, formulate hypotheses about why client response is different from expected. Consider client beliefs, skill deficits, emotional responses, interpersonal patterns, life circumstances, and developmental history. Also consider the factors in #5 below.

**5) What else might be interfering with success? Include hypotheses about:**

- **The therapist** (e.g., beliefs, skill deficits, emotional responses, interpersonal patterns, life circumstances, developmental history)
  
- **The therapy relationship** (e.g., is it positive and collaborative?)
  
- **The cognitive conceptualization** (e.g., is something missing or inaccurate?)
  
- **The treatment plan** (e.g., are there additional approaches which might help?)

**RECOMMENDED READING:** Padesky, C. A. (1996). Developing cognitive therapist competency: Teaching and supervision models. In P. Salkoskis (Ed), *Frontiers of Cognitive Therapy*, pp 266 - 292. New York: Guilford Press.