

## Supervision Resource Kit for Pre-Licenses Therapists



Welcome to Your Supervision Journey!

This resource kit is here to support you as you navigate the rich, sometimes messy, and often transformative experience of clinical supervision. It's packed with reflection prompts, preparation tools, and tips to help you step into each session with intention.

### **Section 1 – Setting the Foundation: What Do You Want from Supervision?**

Supervision isn't just about crossing off your licensure hours—it's about growth. So, let's start with some foundational questions:

- What are your goals for supervision this month, this quarter, or this year?
- Are there specific skills or therapeutic approaches you want to develop?
- What kind of feedback helps you thrive—structured and direct, or open-ended and reflective?
- How do you want your supervision sessions to feel? Collaborative? Challenging? Supportive?

Take some time to jot down your thoughts. These answers will guide both you and your supervisor in co-creating a space that works for your professional growth.

## **Section 2 – Reflective Journaling Between Sessions**

Growth doesn't just happen in the supervision room—it happens in the space between sessions. Use these prompts to keep your reflections flowing:

- What was one client interaction this week that left me feeling uncertain?
- What felt like a success in my clinical work this week?
- What emotional responses came up for me in sessions, and how did I navigate them?
- What do I wish I had done differently in a challenging session?
- What's one question I want to bring to my next supervision session?

Pro Tip: Keep a small supervision journal or a digital notes app specifically for these reflections. Trust me, you'll thank yourself later.

## **Section 3 – Preparing for Supervision Sessions**

Walking into supervision with intention makes all the difference. Here's a simple structure to help you prepare for each session:

1. Review Your Reflection Notes: What stood out from your week?
2. Identify a Focus Area: Is there a specific client, intervention, or emotional reaction you want to discuss?
3. Formulate Key Questions: Try starting with:
  - "I noticed I struggled with..."

- “Can we explore interventions for...”
- “I felt stuck when...”

4. Be Honest About Your Needs: If you need more structure, clarity, or emotional processing, say so upfront.

Preparation doesn't have to be complicated—it just needs to be intentional.

### **Section 4 – Understanding and Navigating Feedback**

Feedback is one of the most powerful tools for growth, but it can also be one of the hardest to receive. Here's your cheat sheet for navigating feedback in supervision:

- **Pause Before Responding:** Take a breath and listen fully.
- **Assume Good Intent:** Feedback isn't personal; it's a tool for your growth.
- **Ask Clarifying Questions:** If something feels unclear, ask for examples or elaboration.
- **Reflect After the Session:** How did the feedback land? Is there something valuable in it, even if it was hard to hear?
- **Name Your Reactions:** If you're feeling defensive or overwhelmed, it's okay to say so.

Remember, feedback is a two-way street. If you need feedback delivered differently, communicate that.

### **Section 5 – Celebrate Your Wins**

Supervision isn't just about troubleshooting—it's also about celebrating the small (and big) victories.

- Did you navigate a challenging client session with grace? Celebrate it.
- Did you try a new intervention that worked beautifully? High-five yourself.
- Did you set a professional boundary for the first time? That's growth worth honoring.

Growth often happens in small, quiet moments. Don't overlook them.

### **Section 6 – Troubleshooting Supervision Challenges**

Sometimes supervision doesn't feel like it's working. Maybe the communication feels off, or the focus isn't meeting your needs. Before you hit the eject button, try these steps:

- Reflect on What Feels Misaligned: Is it the style, the focus, or the structure?
- Name It in Session: Respectfully share your experience. For example: “I’m feeling like we’re focusing more on theory when I’d like to discuss practical interventions.”
- Ask for Adjustments: Your supervisor might not realize something isn’t clicking until you say so.
- Seek Outside Support if Needed: If things still aren’t improving, consult your program or seek additional mentorship.

Supervision is a relationship—and like any relationship, it thrives on communication.

### **Section 7 – Reflection Prompts for the End of Your Supervision Cycle**

As you near the end of your supervision period, take a moment to reflect:

- How have I grown as a therapist during this supervision cycle?
- What are my key takeaways from this experience?
- What do I want to carry forward into my professional practice?
- What gratitude do I want to express to my supervisor?

Endings are also beginnings. Honor the work you’ve done.

### **This Is Your Journey**

Supervision isn’t something that happens to you—it’s something you actively participate in. Show up with curiosity, humility, and a willingness to grow. Ask questions, celebrate your wins, and lean into the messy, beautiful process of becoming the therapist you’re meant to be.

This kit is here to support you, but you are the one steering the ship.

Now go forth and make supervision count.