

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.