



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.