

Supervision Values

Clarify the **goals** of supervision and connect with a **valued direction** (through and beyond these goals)

Use **supervision contracting** to promote commitment

Check in with valued actions and goals regularly in supervision sessions

Seek feedback in various ways

Connect with the CBS community

Hold Stories Lightly

Promote supervisee **learning from experience**, rather than rules.

Attend to the **Pragmatic Truth Criterion**

Notice story telling in supervision: promoting psychological flexibility?

Analysis of Function

Foster **curiosity** in client actions in their contexts – ABCs, relational responding, social environment, learning history

Review the impact of therapist behaviour on client in-session responses (competence measure): **functional analysis of therapy context**

Attend to what influences supervision behaviours and choices: workable? values-based?

SHAPE

Perspective Taking

Promote **flexible perspective taking**.

The “Wide Open”:

- experience **across a variety of contexts**
- contact with a **range of experiences and changes**
- taking **different perspectives of the same experience**
- **contact with transformation of the experience**

Building reflective ability - what is it like:

- for me to be working with this client?
- to experience life from the client’s eyes?
- to take the supervisor’s perspective? Others?
- When perspectives are fixed, rigid, incoherent, fractured... and, what choices and actions are possible? How workable are these?

Experiential Methods

Engage in a variety of ways to learn from experience and **promote supervisee contextual sensitivity**:

Show... rather than Tell:

- Use roleplay, modelling, reviewing audio- and video-recordings, direct observation
- Noticing effects of describing vs evaluating/ explaining
- Use analogy and perspective-taking when the supervisee is stuck
- Undermine pliance by encouraging the supervisee to track supervision content to client behaviour, especially when things don’t work as imagined!

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