Review Topics for Case Discussion in Supervision

These questions can be used in individual/peer or group supervision contexts to help facilitate reflection on case management, process issues (client-therapist) and self-issues for the counsellor.

**Assessment**
- Topic for discussion and review
- What do you want help with?

**Plan of action**
- What is your assessment and/or intervention plan?
- What is your role in managing this young person/situation?
- What do you need to consider in order to follow this plan? (consider individual vs family interviews; discussion with significant others/outside services if necessary)

**Administrative requirements**
- What administrative requirements are there? (notification processes; duty of care; documentation; file notes) – Who needs to know what?

**Theory and practice**
- What theoretical model/s are you using to guide your assessment and/or interventions?
- Do you have all the necessary skills and knowledge in order to be able to do this? If not, how will you get the necessary information?

**Reflection on Self and therapeutic relationship**
- Is the work with this young person ‘triggering’ anything for you? (feelings/thoughts)
- If so, how are these thoughts and/or feelings impacting on your work with the student?
- How can you ‘use yourself’ (your reactions) in your work with this client?

**Client factors**
- Is the client a ‘customer’ of the service? If not, what can you do to move the client to a position of receiving help from you?
- What are the client resources that you can use to facilitate change? What resources are there within the client’s wider system (e.g. school, work, church, community)?

**Systems issues**
- Are there parallel processes occurring? Is what is being brought to supervision mirroring what is happening for the counsellor and/or supervisor? How does this impact your work? (e.g. Rescuing; fleeing)?
- What do you need to do in order to ‘use’ this experience in a helpful way? (i.e. bring to the attention of the counsellor and discuss ways to manage in the clinical context)
- Does anything else need to happen either outside or inside the session to manage systems issues?

**Supervisory relationship**
- What is helpful and unhelpful in this discussion? What else is needed? Is there anything that needs to be discussed (brought to the table/made explicit) that isn’t being addressed?