



Supervisor Observation Form

Counselor Trainee Name: _____

Date: _____

Session #: _____

Supervisor: _____

Type of Supervision: Live Audiotape Videotape

GENERAL SKILLS

Joining Skills: _____

Tracking Skills: _____

Thorough Assessment: _____

Probing, Flexible Questions: _____

Clarification, Confrontation: _____

Examining Transitional Patterns: _____

Direct Interventions: _____

Indirect Interventions: _____

INTERVENTION SKILLS

1. Maintains Working Alliance:

- Tracks or reflects (particularly affect) client statements in session
- Maintains client's motivation to work (without overwhelming or client becoming dependent)
- Balances tracking functions with guiding functions consistent with theoretical perspective
- Demonstrates multicultural competence

2. Focuses Therapy:

- Formulates realistic short and long-term behavioral goals
- Formulates methods (process goals) for achieving outcome
- Establishes shared sense of outcome and process goals with client
- Fosters positive expectations of hope

- Recognizes therapeutic impasses
- Realistic in assessing and re-assessing progress and revising formulation and diagnosis as indicated
- Interventions are consistent with theoretical formulation
- Interventions are culturally and ethically appropriate
- Interventions potentiate change
- Able to focus on process issues in session
- Interventions are prescriptive vs. generic

3. Understands Interpersonal Process Issues:

- Uses personal response to client to aid assessment
- Selectively responds to accurate self-report, distortions, and client-therapist demands
- Responds appropriately to metaphoric and nonverbal content
- Recognizes and highlights underlying affect, cognition, or themes from content
- Accurately intuits culturally meaningful behavior

COMMENTS: _____

Please email completed document to bkitts@ashland.edu.

Supervisor Signature and credentials _____ Date _____