

GROUP SUPERVISION

THIS WORKSHEET IS DESIGNED TO HELP THERAPISTS IN TRAINING AND GRADUATE LICENSED THERAPISTS EVALUATE THE POTENTIAL BENEFITS OF JOINING A MONTHLY SUPERVISION GROUP. BY REFLECTING ON YOUR GOALS AND EXPECTATIONS, YOU CAN MAKE AN INFORMED DECISION ABOUT WHETHER THIS OPPORTUNITY ALIGNS WITH YOUR PROFESSIONAL GROWTH AND DEVELOPMENT

Instructions: Take your time to work through each section of the worksheet. Write down your thoughts and feelings as openly and honestly as possible.

Section 1: Personal and Professional Goals

1. What are your current professional goals as a therapist in training or graduate licensed therapist? (Example: Develop a deeper understanding of trauma-informed therapy techniques.)
 - a. My Professional Goals:
2. How do you envision a supervision group supporting you in achieving these goals? (Example: By sharing experiences and insights, I can learn new approaches to trauma therapy.)
 - a. Benefits from Supervision Group:

Section 2: Expectations

1. List three expectations you have for a monthly supervision group: (Example: Constructive feedback, exposure to diverse therapeutic approaches, a safe space to discuss challenges.)
 - a. My Expectations:
2. Consider potential challenges that might arise in a supervision group setting. How could you navigate these challenges effectively? (Example: If there's a difference of opinion, I could respectfully share my perspective and be open to learning from others.)
 - a. Navigating Challenges:

Section 3: Self-Assessment

1. Reflect on your willingness to contribute actively to group discussions and share your experiences. How comfortable are you with this aspect of group participation? (Scale: 1 = Not comfortable at all, 5 = Very comfortable)
 - a. My Comfort Level:
2. Rate your current ability to give and receive constructive feedback. Are you open to learning and growing through feedback? (Scale: 1 = Not open at all, 5 = Very open)
 - a. My Openness to Feedback:

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Section 4: Peer Learning and Support

1. How might learning from your peers' experiences and insights enhance your therapeutic practice? (Example: Exposure to various cases could broaden my clinical perspective.)
 - a. Peer Learning Impact:
2. In what ways do you anticipate providing support and insights to your peers in the supervision group? (Example: Sharing techniques I've learned in specific client cases.)
 - a. My Support Contribution:

Section 5: Commitment and Growth

1. Describe the level of commitment you are willing to make to attend and actively participate in a monthly supervision group. (Example: I am committed to attending consistently and contributing meaningfully.)
 - a. My Commitment:
2. How do you envision your personal and professional growth after six months of consistent participation in a supervision group? (Example: Increased confidence in decision-making and a refined understanding of ethical considerations.)
 - a. Anticipated Growth:

Section 6: Decision Making

1. After completing this worksheet, what are your thoughts about joining a monthly supervision group? (Example: I feel more confident in my decision to join, as the benefits align with my goals.)

My Decision Reflection:

Take some time to review your answers and reflections. This worksheet is a tool to help you assess the potential benefits and considerations of joining a monthly supervision group. Your insights will guide you in making a decision that supports your growth as a therapist.