





- 4 prepare a 1-page handout describing strategies for providing cognitive behavioral therapy supervision due November 7<sup>th</sup>
- 5 demonstrate beginning supervisory skills

**Training Goals:**

All students are also expected to develop one or two training goals for themselves and to develop a plan, in consultation with the supervisory team, for meeting these goals. Your training goal(s) should be developed to address a skill you know you need to work on. An appropriate training goal is one that you could work on with the client(s) you are seeing or expect to see this semester and one that should help you across clients. Remember, this goal is about your behavior, not your client's behavior. Examples might include learning to end a session in a way that is productive or how to keep a session "on track." You should come to the second meeting prepared to discuss your goal(s) with the supervisory team.

**Attendance and Class Preparation Policy**

Attendance and participation is required. If you are unable to attend a supervision meeting than you are required to email me in advance. Please do not arrive late to meetings.

We will be functioning as a supervisory *team*. This means that you are responsible not only for the clients you are seeing but also for providing meaningful input on the cases.

You are required to complete all other paperwork (e.g. treatment summaries) in

accordance with the clinic policies

**No Show, Cancellation, and Late Arrival Policy:**

Individual supervision for 2<sup>nd</sup> (or in some cases 3<sup>rd</sup> year) students may be performed by a 4<sup>th</sup> year student. This student supervisor would then discuss these cases with me

**Emergency Situations:**

In an emergency you should first try to get in touch with me. I can be contacted at 419 290 8489(cell). If the emergency is occurring in real-time in the Clinic, immediately notify the Clinic Manager. If you are unable to get in touch with me you should contact the Dr. Seljoman (x4399) or the CoDCT, XXXX. If you are unable to get in touch with a

CoDCT or me you should then request supervision from other clinical faculty. Finally,

1. Do you understand your treatment plan and why your therapist has recommended this treatment plan?
  
2. Did the therapist explain to you what you were going to do in the session and why?

EXAMPLE OF A SOAP NOTE

**Client:** Madeline

**Date:** January XX, XXXX

Session 6

S (Information the client has provided you in this session, client's concerns,

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

... coping skill/technique). Madeline presents with major depressive disorder – mild to

## Practicum Supervision Log Book

Therapist:

Supervision Date:

Supervisor:

Type of Supervision:

Client Caseload

Clinical activity (e.g. client contact during past week):

Brief overview of session activities and content:

Follow-up plan, next supervision session, professional development:

Comments regarding therapist's clinical competency: