

Notice Activation Before You Respond

Clinical practice and supervision | Clinicians | 10 to 15 minutes

Reflect on a clinician reaction and identify a deliberate response or consultation need.

Use this page after a challenging clinical or supervisory moment. Personal activation is a cue for reflection, not a diagnosis or proof of wrongdoing. Keep identifying client information out of materials used outside approved clinical systems.

Describe the moment

Record the event, your body or emotional response, and the action you felt pulled to take. Separate your experience from assumptions about the other person. Example: noticing urgency does not establish that the client was manipulating the session.

Ask what may be influencing you

Consider personal resonance, workload, organizational pressure, cultural assumptions, power, or an unmet professional need. You do not need to disclose personal trauma to examine how your response might affect care.

Choose the professional next step

Identify a pause, repair, boundary, consultation, workload discussion, or further assessment. Ask what the client or supervisee needs from you now. Bring uncertainty to an appropriate supervisor rather than relying only on private reflection.

The event and my immediate internal response

The action I felt pulled toward and its possible impact

Context or assumptions I need to examine

My deliberate response and consultation plan