

Reflect Before the Next Session

Clinical practice and supervision | Clinicians | 10 to 15 minutes

Review a clinical encounter and identify one learning or consultation priority.

Choose one encounter and reflect without including unnecessary identifying information. The purpose is to improve your next clinical decision. This page supports supervision and learning; it is not a substitute for the clinical record, consultation, or required action.

Look at both the work and the context

Notice the client's goals, your intervention, their response, and the conditions around the session. Consider time pressure, access, organizational expectations, and your own assumptions. Avoid judging the entire encounter by whether the client agreed with you.

Make uncertainty useful

Identify one point you do not yet understand. Ask what information or perspective could change your interpretation. A question taken to consultation is often more useful than a confident explanation built from limited evidence.

Turn reflection into action

Choose a specific adjustment: ask a missed question, revisit consent, repair a moment, seek training, or consult about a decision. Set a time to follow through. Address urgent safety or ethical concerns promptly through the appropriate process.

Where did the client's priorities guide my choices?

What response or feedback challenges my assumptions?

What uncertainty belongs in consultation or supervision?

What will I do differently and when will I follow through?