

Reflective clinical supervision | Understand

A Supervision Question with a Clear Purpose

Mental health professionals and supervisors | 5 to 8 minutes | Handout

Distinguish a reflective learning question from an issue that needs immediate action.

Bring one question that can benefit from observation, discussion, or rehearsal. A focused question helps make limited supervision time usable while leaving room for the supervisor to identify other priorities.

How to use this page

Use a fictional or securely de-identified situation. Do not put names, recordings, or identifying client details into this public library or an unapproved document.

Name the kind of help

You may need a conceptual explanation, feedback on a skill, an alternative perspective, clarification of responsibility, or support recognizing your reaction. Say what you hope the supervisor will help you do differently. "I want feedback on how I ask about a missed task" is more focused than "The session went badly."

PK10-01 | continued

Keep observation separate from interpretation

Identify what was said or done and what you inferred. Notice information you do not have. Cultural assumptions, organizational demands, and your own experiences may shape the meaning you give an event. Treat those meanings as questions to examine, not facts about the client.

Recognize a different priority

An urgent safety, ethical, safeguarding, or competence concern should follow the appropriate escalation process now. Do not wait for a scheduled reflective exercise. Supervision also includes evaluation and accountability; clarify these roles and the limits of confidentiality in your agreement.

1. The kind of feedback or clarification I want from supervision**Facilitator notes and adaptation**

This page does not establish supervision hours, legal compliance, competence, or a clinical decision. Follow applicable standards and the supervision agreement.

PK10-01 | continued**About this resource**

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PB10 | SAMHSA; official text hosted by NCBI Bookshelf | TIP 52, Chapter 1: Clinical Supervision and Professional Development of the Substance Abuse Counselor

<https://www.ncbi.nlm.nih.gov/sites/books/NBK64848/>

PB11 | American Counseling Association | 2014 ACA Code of Ethics

<https://www.counseling.org/docs/default-source/default-document-library/ethics/2014-aca-code-of-ethics.pdf>