

Reflective clinical supervision | Explore

Observation, Meaning, and the Question I Need

Mental health professionals and supervisors | 8 to 10 minutes | Worksheet

Prepare a supervision agenda that separates evidence, interpretation, and a learning request.

Choose one moment you want to understand better. Use fictional details or follow your organization's approved de-identification and record-handling procedures. Keep this page free of identifying information.

How to use this page

Complete the three areas, then decide what can wait for routine supervision and what needs earlier consultation. You can bring uncertainty without having a complete explanation.

Describe the moment

State what you directly observed, including your own action where relevant. Avoid diagnostic or character labels as substitutes for description. If information is secondhand or incomplete, say so. Include what went reasonably well as well as what concerned you.

PK10-03 | continued

Notice your interpretation

Name what you thought the moment meant and how you felt. Consider another possible account. Ask how power, culture, disability, language, trauma, service demands, or your own expectations might shape the interaction. Do not force a cultural explanation that the person has not offered.

Ask for a concrete learning task

Choose whether you need observation, modeling, rehearsal, ethical clarification, or a source to review. Connect the request to client welfare and your competence. If there is an urgent concern, use the established escalation route rather than keeping it on a future agenda.

1. The observable moment and what remains unknown**2. My interpretation, reaction, and another possibility to examine**

PK10-03 | continued

3. My focused supervision question and the kind of help I need

Facilitator notes and adaptation

Use approved clinical records for real case information. A reflection does not substitute for documentation, assessment, reporting, or required consultation.

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>