Reflective clinical supervision | Rehearse

A Brief Skill Rehearsal with Specific Feedback

Mental health professionals and supervisors | 10 to 15 minutes | Clinician script

Practice one observable clinical communication skill using a fictional situation.

This exercise is for a supervisor and supervisee, or an approved supervision group. Use a fictional scenario and a skill within the supervisee's role. No client recording is needed.

How to use this page

Agree on one target, a short role-play, and the feedback method. Clarify that the activity is developmental and how any evaluative information will be handled.

Set the observation task

The supervisee names a skill, such as asking permission before giving information. The supervisor identifies what would be observable without inventing a competence score. Define the scenario's limits and agree to stop or reset if it becomes confusing or unhelpful.

Practice and describe

Role-play a brief exchange, then pause. Invite the supervisee's reflection first. The observer describes one specific action and its possible effect, distinguishing observation from interpretation. Avoid broad labels such as "You lack empathy." Ask how culture, language, or access could change the wording.

Try a revision

Model an alternative if useful, then invite another attempt. End with one learning point and a plan for appropriate follow-up. A successful rehearsal does not establish competence with actual clients, and performance in a fictional scene should not be the sole basis for evaluation.

1. The observed skill, specific feedback, and one revision to practice

Original educational material. Not a validated assessment or treatment protocol.

PK10-04 | continued

Facilitator notes and adaptation

Follow the supervision contract and use appropriately qualified oversight. Do not rehearse specialized interventions beyond competence or turn reflection into personal therapy.

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

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