

Reflective clinical supervision | Practice

One Deliberate Practice Step

Mental health professionals and supervisors | 5 to 10 minutes | Worksheet

Turn supervision feedback into a bounded learning task with an agreed review method.

Choose one skill or professional task discussed in supervision. The practice should fit your current competence, responsibilities, and approved care plan. A fictional rehearsal may be the most appropriate first step.

How to use this page

Complete this plan with your supervisor's input where required. Do not introduce an unfamiliar intervention with a client simply to complete an exercise.

Define the task

Write a small observable action, such as offering two communication options or summarizing a shared goal before ending a session. State where practice is appropriate and which permissions or preparation are needed. Avoid goals that depend entirely on a client responding a certain way.

PK10-05 | continued

Choose useful evidence

Agree how you will review the attempt without collecting unnecessary client information. Options may include a fictional rehearsal, approved direct observation, or a de-identified reflection. Recordings require appropriate consent and secure, authorized handling; this worksheet does not provide that consent.

Plan for obstacles

Identify one likely barrier, such as time pressure, unclear wording, or uncertainty about scope. Choose a smaller rehearsal or ask for further modeling. Set a review date. If practice does not occur, bring the barrier back to supervision rather than describing the task as completed.

1. The specific skill, appropriate setting, and preparation required**2. How feedback or evidence will be obtained through approved processes**

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3. A likely obstacle, a smaller option, and the review point

Facilitator notes and adaptation

Do not use this plan as evidence of competence, required supervision hours, or a license to practice outside scope. Follow relevant professional and organizational requirements.

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>