

Reflective clinical supervision | Review

What Changed in My Practice?

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

Compare a learning intention with observed practice and identify the next question.

Return to one supervision learning task. This review can be useful even if you practiced only in a fictional scenario or could not attempt the task. Keep identifying information out of the page.

How to use this page

Use concrete observations where available. Separate your experience, the observer's feedback, and any client feedback; they may answer different questions.

Describe the attempt

State what you tried, where the evidence came from, and what remains uncertain. A smoother conversation may feel encouraging, but it does not by itself show a treatment outcome. If there was no attempt, identify the actual barrier rather than filling in an imagined result.

Examine fit and impact

What seemed useful, awkward, unexpected, or potentially harmful? Consider whether the skill supported choice and the agreed goal. Ask whose perspective is missing and whether your interpretation could reflect assumptions about culture, communication, disability, or motivation.

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Agree on the next learning need

You might repeat the rehearsal, seek direct observation, review a source, revise the task, or consult someone with different expertise. Bring concerns about competence or safety to the appropriate person promptly. Reflection is useful when it informs an action, including a decision to stop or refer.

1. What I attempted, the evidence available, and what I cannot conclude**2. What the attempt revealed about fit, impact, or assumptions**

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3. The next learning or consultation step to agree in supervision

Facilitator notes and adaptation

This is a reflective aid, not a validated competence rating or outcome measure. Document substantive clinical decisions and follow-up in approved systems.

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>