Core Supervision Model for Multi Professionals

Supervisee Self Assessment Tool

# Supervisee self-assessment tool

## How to use this tool

As a supervisee you may find it useful to explore the below tool to enable you to self-assess your practice of supervision.

It may be useful to share your experience of supervision where appropriate with your supervisor and fellow supervisees if in group supervision.

1. Opening the supervision session:

 Do allow the supervisor to open the supervision session

1. What you bring to supervision:

Do inform the supervisor as to what you’d like from the session and what you wish to bring to supervision

1. Preparing for supervision:

Do spent time thinking and preparing for my supervision session

 Do make a note of different things that happen in practice that will be useful explore

Do prepare for the session ahead by writing down what you wish to talk about in supervision

1. Informing the process:

Do feel able if necessary, to ask the supervisor to alter aspects of the session in order to get more from it

Do ensure you leave the supervision session more able to deal with your practice concerns and if not discuss this further with your supervisor

Do give time within the session to clarify the points for documentation that you agree reflect your discussion

Do discuss with your supervisor things that went well in your practice and any concerns you might have

Do ensure that your supervision sessions enable you to focus on your feelings about your clinical practice

1. The Clinical supervision session:

Take the opportunity to thoughtfully explore yourself as a practitioner during your supervision session, and enable yourself to reflect on your clinical practice

Do explore how what is discussed in clinical supervision relates to you as a practitioner

Do view clinical supervision as a positive learning experience, and do aim to act on what you hear, agree and discuss

Do think about how you feel about the feedback your supervisor gives you

Do request that the supervisor gives you feedback on specific elements of your clinical practice

Do thank each other for being open at the end of the session

Do ask the supervisor for feedback on specific elements of your clinical practice

1. Documenting your clinical supervision:

 Do document your clinical supervision sessions and keep a record of them

Do store your clinical supervision notes in your professional portfolio

Do utilise a reflective framework when writing up your supervision notes

1. Reflective practice:

Do take time to focus and reflect on your clinical practice in the supervision session and try not to dwell on problems that really belong to others

Do ensure that the clinical supervision session concentrates on your capabilities and strengths as a practitioner

Do have an idea of how you would like your clinical practice to look and discuss this in the supervision sessions

Do ensure that your clinical supervision focuses on solutions rather than problems