

## **Seven- Stage Supervisory Position**

In my approach to supervision, I tend to adopt this model to guide how we work together, and the focus of our work can move up and down the seven stages as required.

- 1 Trying to make sense of the client (focus on the client)
- 2 What are you doing? What intervention are you using? What do you want from me?
- 3 The client / therapist relationship – what type is it?
- 4 What's going on for you (supervisee) as you are working with the client?
- 5 Supervisee / Supervisor Relationship?
- 6 Supervisor Reactions – what's going on for you?
- 7 The wider systems involved.

I tend not to give technique-specific guidance (for example, what CBT technique is likely to be applicable to a given presentation), but I will think around options with you in relation to how you choose to work with your client on a given issue.

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