



Sabine Cox, RP

## Supervisee Evaluation in Client-Centred Psychotherapy Final Assessment

Supervisee / Psychotherapist: \_\_\_\_\_

The present level of each skill is rated as follows:

- !! Especially strong, beyond skills expected of experience level
- ✓ At level of experience / training
- ?? Needs improvement, below skills expected of experience level (must specify)
- x Insufficient, far below skills expected of experience level, needs further training (must specify)
- i/d Insufficient data
- n/a Not applicable

Any rating of “needs improvement” or “insufficient” is accompanied by specific recommendations in the back of the page.

### CONTRIBUTION TO SUPERVISORY RELATIONSHIP

- \_\_\_ approaches supervision in open and collaborative manner.
- \_\_\_ establishes effective supervisory alliance
- \_\_\_ exercises good judgment in seeking help
- \_\_\_ exercises good judgment when acting independently
- \_\_\_ exhibits increased autonomy over course of supervision relationship

**Comments:**

### CAPACITY FOR PROFESSIONAL DEVELOPMENT / SEUS

- \_\_\_ acknowledges impact of own feelings, culture and values on practice
- \_\_\_ appropriately self-critical; accurately assessing self
- \_\_\_ incorporates new ideas and critical feedback
- \_\_\_ motivated to learn (information and help-seeking)
- \_\_\_ appropriately questions and challenges colleagues and supervisors
- \_\_\_ demonstrates improvement in skills over course of supervision relationship
- \_\_\_ conduct reflects knowledge of and conformance with CRPO ethical and professional standards and provincial laws

**Comments:**



## GENERAL PSYCHOTHERAPY SKILLS

### A. CASE MANAGEMENT SKILLS

- creates appropriate session reports and keeps appropriate client files
- initiates referrals as needed
- responds to client information requests professionally and in a timely manner
- understands and communicates confidentially and dual-relationship issues
- presents in a professional and open manner

### B. ASSESSMENT SKILLS

#### 1. *Therapeutic Alliance:*

- presents with warmth, genuineness, empathy and credibility
- facilitates appropriate self-disclosure
- establishes alliance with clients
- respects client as whole person with strengths and needs
- maintains objectivity
- understands and includes cultural and other identity variables in alliance building

#### 2. *Data Gathering Skills:*

- understands cultural background in client's presentation
- assesses danger to self and others
- handles child maltreatment issues appropriately
- recognizes and understands nonverbal and metaphorical communication

#### 3. *Analytic Skills:*

- conceptualizes and organizes data from his/her theoretical view
- recognizes impact of multicultural variables on psychological differences and response to treatment
- generates and communicates appropriate assessment
- develops process plan in collaboration with the client

### C. INTERVENTION SKILLS

#### 1. *Maintaining Working Alliance:*

- tracks and reflects client statements in session as appropriate
- supports client's motivation to work without overwhelming or leading the client
- maintains appropriate case load

#### 2. *Focusing Therapy:*

- formulates realistic short and long-term goals in collaboration with the client
- formulates appropriate methods and process goals and establishes shared sense of these with the client
- fosters appropriate expectations
- recognizes therapeutic impasses
- realistically re-assesses progress and initiate revision of goals as necessary
- interventions are culturally and ethically appropriate
- interventions potentiate change
- recognizes and acts on potentials interventions within the session process



**3. Understanding Interpersonal Process Issues:**

- \_\_\_ uses personal response to client to aid assessment
- \_\_\_ responds appropriately to client distortions or requests for personal disclosure, input, or guidance
- \_\_\_ responds appropriately to metaphoric and nonverbal content
- \_\_\_ recognizes and highlights underlying affect, cognition, or themes from session content
- \_\_\_ accurately intuits culturally meaningful behaviour
- \_\_\_ enquires about / researches culturally relevant information when necessary
- \_\_\_ able to create, hold and utilize the “bigger picture” from client input throughout the whole of the therapeutic relationship

**Further comments and final recommendation:**

Completed by: \_\_\_\_\_  
(Print name/credentials of supervisor)

Supervisor signature: \_\_\_\_\_

Student signature: \_\_\_\_\_