

Useful questions to guide reflective supervision

Experience

- What was your role? What was your aim?
- What planning did you do?
- What did you expect to happen? What happened?
- What did you say and do? What did the service user say, do or show?
- What were the key moments and what stuck out?
- What words non-verbal signals, interactions, sounds, images or smell struck you?
- What or who was hard to observe and what observations or concerns do other agencies have?
- What went according to plan and what didn't happen?

Reflection

- What did you feel at the start of the visit/interview?
- Describe your feelings?
- What feelings/thoughts/ideas did you feel during?
- What patterns did you see? Any links to historical information you have seen, any new information?
- What did you think the service user was feeling?
- Any factors that influenced your feelings for example gender or race?
- Where and when did you feel least/most comfortable?
- Any change/similarities/difference since last encounter with the service user?

Analysis

- Define your role/agency role?
- How do the service users define your role?
- What went well, or not well, and why?
- What aims/outcomes were not achieved?
- What do you need to revisit or feel is not known?
- What areas of further assessment/resources are required?
- What bits of theory, training, research, policy or values might help you make sense of what happened?

Action

- What are the current strengths, needs, and risks for the different service users?
- What is urgent and essential? What would be desirable?
- What would be a successful outcome of the next session from your perspective? The service users' perspective?
- What are the best or worse responses from the service user?
- What contingency plans are needed?
- Who needs to be involved (colleagues, supervisor, agency) what would you like from them?
- Any safety issues for you or others?

Reflective Supervision Journal Template

REFLECTIVE JOURNAL

DATE:

Brief description of significant event

What was I feeling at the time?

How did I react and why? What was informing my decisions?

On reflection I achieved/learned...

And I could have done differently ...

My future learning needs are ...