**Supervision History**

1. Seek the consent of the supervisee for undertaking this exercise. The supervisee should remain in control of the information that is generated. Consider how this session might be recorded or used (e.g. to inform or review the supervision contract).
2. Be explicit about confidentiality and that you do not need to know the name of any previous supervisors
3. Explain the purpose of the exercise – to find out more about what works for them in supervision so that you can both reflect on this in order to negotiate an effective working alliance together.
4. Set aside enough time for a decent reflection on the findings – try your best to keep this appointment – both the taking of the history and the meeting will demonstrate your commitment.
5. Give the supervisee the grid to take away and fill in – this is not a process that can be rushed although it is not likely to take more than an hour and can be done in half of that. Ensure the supervisee knows that you are interested in her/his reflections on all those people who have had authority over their work (or, if newly in employment, teachers/lecturers/tutors/boss/manager can be useful to reflect on).
6. Allow the supervisee to keep the paperwork – you are only looking for the conversation that the exercise enables, not the detail.

Some questions to aid the reflective discussion:

* What thoughts/feelings were generated as you completed this task?
* How did it make you feel?
* Looking back, how do your feelings differ then and now? If they have changed, why?
* What patterns do you notice in your responses?
* How will you tell me if I have misunderstood you, or if you have misunderstood?
* What patterns can you identify from the things we have talked about?
* Is there anything that really doesn’t work for you, i.e. that I should avoid?
* What would I notice about your behaviour if you were stressed, what might you be saying or doing?
* Given the things we have talked about, what may we need to add/change about our supervision agreement?
* What have you learnt about yourself today?

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| **Previous Supervisor** | **What helped?** | **What hindered?** | **Response at the time** | **Influence on me now** |
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| **Summarise the main influences on your approach to supervision:** |