CBT Centre: Supervision record

Record brief supervision details using this or a similar template.

Student name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Supervisor name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Excerpt? Y / N

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| **Cases discussed and supervision questions** (with approximate timings)  **(1)**  **(2)** |
| **Bridge to last session:** How did you apply what you learned to your clinical practice? |
| **Content of supervision:** What was discussed? What methods were helpful (eg review of recording / role-play / case discussion)? |
| **Actions arising from supervision:** What are you going to do? |
| **Reflections:** What have you learned about the patient, CBT or yourself? |