



## Clinical Supervision (Reflective) Session Outline

### Before Clinical Supervision (Reflective) session:

#### 1. Preparation

Both the supervisor and supervisees must prepare for the Clinical Supervision (Reflective) session. The supervisee should consider what will be focused on, preparing specific critical questions they may wish to present to the group.

- Review notes from previous supervision session.
- Review goals that were established.
- Consider any additional information and reflections, make notes.
- Use reflective resources/frameworks to support the progress

### 10 minutes

#### 2. Identifying, reflecting and exploring

- Presentation of area of focus/critical questions and explore the challenge.
- Reflect on the challenge and share where at.

### 30 minutes

#### 3. Analysing and questioning

- Group reflective questioning, clarifying, and analysing to explore options and enable further reflection by the presenter.
- High challenge/high support to guide decision making and to reach new conclusions.

### 10 minutes

#### 4. Goal setting and action planning

- Consideration of evidence based practice to inform action planning.
- Identify action plan using SMART goal setting (specific, measurable, achievable, realistic & timely).
- Set timeframes to achieve the set goals.

### 10 minutes

#### 5. Summarising

- Clarify session closing and consider process and anything that need to be finalised. Supervisor and supervisee have a record of the learning outcome and action plan from the session.

### Bring to next session:

#### 6. Reflection in practice

- Put action plan into practice/apply new approaches with ongoing reflection.