

Encouraging Openness and Self Reflection in Reflective Supervision

Questions to use during Reflective Supervision

- What would you like us to focus on today? Where would you like to start?
- What did you notice about your thoughts, feelings, sensations etc. in the moment?
- Can you share some of what you are thinking and feeling at this point?
- What was it like for you to be with the family in that moment?
- It might help if you can remember what you were feeling as you were.....?
- I noticed that when you (I) just spoke about... there seemed to be a moment when you (Behavior). What happened for you there?
- Does this situation remind you of one in the past?
- Have you found yourself triggered by anything about this family?
- How was this supervision for you today? What do you think you would like to keep in mind?
- What are you thinking/feeling just before meeting with the family?
- As you reflect on being with the people in this family, are you reminded of anyone else?
- Who do you think you represent to this parent?
- Who does this family represent to you?
- With whom do you find yourself feeling most empathic?

Getting to know Supervisee Questions

- Can you tell me about how you got here, in Infant Mental Health? Starting from birth (or conception), the story of how you landed “here”.
- It can help me to support you in your work if I know a bit about your important relationships and experiences – what can you tell me about today?
- How is this work different from what you expected it to be?
- What seems to carry over from your earlier work experiences into this setting?
- Can you share with me what you found most helpful in previous supervisory relationships? Also, what you found most difficult or unhelpful?

Questions to ask of yourself (Reflective Supervisor) before, during and/or after RS

- Am I ready? (Relaxed? Protected from Interruptions? Focused?)
- What feelings/thoughts/sensations are dominating my experience now? In response to what?
- Was I comfortable, present, anxious? Why or why not?
- Were there moments when I felt myself moving away from the relationship?
- Did I become preoccupied with the supervisee’s, child’s, family’s, teacher’s concerns? With whom do I find myself feeling most empathic?
- Does this situation remind me of one in the past (professional or personal)?
- How did the supervisee seem to be feeling? Using the Reflective Supervision? How was the flow?