

CLINICIAN GROWTH REFLECTION WORKSHEET

Use Supervision to Grow, Not Just Get Through Cases

A reflection tool for naming confidence, feedback needs, countertransference, burnout, professional identity, and the kind of support that helps you learn.

Professional growth belongs in supervision.

These are not side issues. They shape how you practice.

Name what affects your work as a clinician.

This worksheet gives language for the parts of supervision that are often hard to say out loud but important to work with directly.

BUILD CONFIDENCE

Notice where you need structure, practice, or reassurance.

USE FEEDBACK WELL

Name what helps you stay open and engaged.

PROTECT SUSTAINABILITY

Bring burnout, caseload stress, and role strain into the room.

HOW TO USE IT

Use this before beginning supervision, during a supervision reset, or any time you notice shame, avoidance, burnout, or uncertainty showing up in your work.



Name what happens inside you as the clinician.

Supervision can help you understand therapist reactions without turning them into shame.

Where I feel most confident right now:

Where I feel least confident right now:

Therapist reactions, countertransference, or emotional patterns I notice:

What I tend to do when I feel unsure:

These reflections are about professional development. You can name patterns without disclosing more personal information than feels useful or appropriate.

Clarify what helps you learn and stay grounded.

Useful supervision should be direct enough to help you grow and safe enough that you can bring real uncertainty.

WHAT HELPS ME LEARN BEST:

- | | |
|---|--|
| ☐ Direct feedback | ☐ Collaborative reflection |
| ☐ Concrete examples | ☐ Role play or practice |
| ☐ Model-specific guidance | ☐ Documentation examples |
| ☐ Case formulation support | ☐ Space to slow down feelings and reactions |
| ☐ Clear action steps | ☐ Accountability between sessions |

What feedback style helps me stay open:

What tends to shut me down or overwhelm me:

Burnout, caseload stress, or sustainability concerns:

Boundaries or role pressures I want supervision to help with:

Turn reflection into supervision goals.

Pick a few areas that would make supervision feel focused and useful.

MY SUPERVISION GROWTH PRIORITIES:

1. _____
2. _____
3. _____
4. _____

What I want Chelsea/my supervisor to know about how I learn:

What would help me feel challenged without feeling shamed:

One area I want to revisit in a month:

One sign supervision is helping me grow:

Want supervision with more structure and less shame?

Request a supervision fit consult with Chelsea and bring this worksheet to the conversation.

[Request a Fit Consult](#)

This worksheet is educational and does not replace emergency support, agency policy, legal advice, urgent consultation, or required supervision. If there is immediate risk or legal/ethical urgency, follow your agency procedures and seek appropriate immediate consultation.