

STUCK CASE SUPERVISION WORKSHEET

When a Case Feels Stuck, Start Here

A practical tool for turning uncertainty, looping thoughts, or treatment impasse into a clearer supervision question.

You do not need a perfect case summary.

You need enough structure to make supervision useful.

Use this when you keep circling the same case.

This worksheet helps separate what happened, what you have tried, what feels unclear, and what kind of supervisor input would help.

NAME THE STUCK POINT

Identify where the case keeps looping.

ORGANIZE WHAT YOU KNOW

Keep client details de-identified and focused.

ASK FOR THE RIGHT HELP

Bring a question that points supervision somewhere useful.

HOW TO USE IT

Use this before supervision, after a difficult session, or when your notes are full but your question is still unclear.



What feels stuck?

Start with the pressure point rather than the full story.

The part of the case that feels stuck:

What keeps happening or repeating:

What I have already tried:

What changed, helped, or did not help:

Try to describe patterns instead of identifying details. Bring only what is needed for the supervision question.



What kind of help do you need?

Different stuck points need different kinds of supervision.

I MAY NEED HELP WITH:

- | | |
|--|--|
| ☐ Case conceptualization | ☐ Diagnosis or differential diagnosis |
| ☐ Treatment direction | ☐ Therapeutic alliance or rupture |
| ☐ Countertransference or therapist reaction | ☐ Client risk or safety planning |
| ☐ Documentation language | ☐ Ethical or legal decision-making |
| ☐ Family, parent, or system dynamics | ☐ Cultural/contextual considerations |
| ☐ Agency policy or consultation needs | ☐ Knowing whether to refer or coordinate care |

The question I want supervision to help me answer:

What I am worried I may be missing:



Turn the discussion into a next step.

Useful supervision should help you leave with clearer clinical direction, not just more analysis.

What I want to try next:

What needs to be documented, consulted on, or monitored:

What I want to revisit in the next supervision session:

What would tell me this case is becoming less stuck:

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.