

Supervisor/Consultant Evaluation Form

Supervisors/Consultants have three roles within the supervision/consultation relationship:

Coach/Teacher who focuses on training in the model and in schematherapy conceptualization and intervention strategies.

Mentor and Role-model who focuses on identifying/dealing with schema(s) and mode activation in the supervisor-supervisee relationship, including using self-disclosure, empathic confrontation, limit-setting, etc.

Limited Re-Parenting Agent who focuses on offering limited “self therapy” to supervisees around schema triggers and mode activation that occurs in their work with patients, including using self-disclosure, empathic confrontation, limit-setting, etc., and encouraging supervisees to engage in personal therapy outside of supervision.

Please provide the supervisor/consultant with a constructive evaluation of the supervision/consultation by completing this evaluation form. The evaluation begins with questions about setting up supervision/consultation, and then asks about supervisor/consultant’s roles as coach/ teacher model, mentor/ role model, and limited reparenting agent. The questionnaire concludes with space for open-ended comments.

Supervisor/consultant

Clinician

Period of supervision

From

to

Date of completing this evaluation

Setting up supervision

Rating (please circle your answer)

1 Were the parameters and expectations regarding supervision/consultation presented at the start? Strongly disagree Strongly agree
1 2 3 4 5 6

2 Were you offered a consent form or contract for supervision/consultation? Strongly disagree Strongly agree
1 2 3 4 5 6

3 Did the supervisor/consultant discuss with you the dual roles that might arise, particularly with respect to their role as a limited reparenting agent? Strongly disagree Strongly agree
1 2 3 4 5 6

Supervisor/consultant as coach/ teacher

Rating (please circle your answer)

4 Did the supervisor/consultant offer a broad understanding of schema therapy? Strongly disagree Strongly agree
1 2 3 4 5 6

5 Did the supervisor/consultant provide guidance in using the case conceptualization form? Strongly disagree Strongly agree
1 2 3 4 5 6

6 Did the supervisor/consultant provide guidance in preparing a recording for independent rating? Strongly disagree Strongly agree
1 2 3 4 5 6

7 Did the supervisor/consultant provide guidance in managing various modes that may impede the client’s therapy? Strongly disagree Strongly agree
1 2 3 4 5 6

8 Did the supervisor/consultant provide guidance in working with clients with avoidant and overcompensating modes? Strongly disagree Strongly agree
1 2 3 4 5 6

9 Did the supervisor/consultant offer you treatment strategies to facilitate mode change in clients? Strongly disagree Strongly agree
1 2 3 4 5 6

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10 Did the supervisor/consultant supportively encourage you to play segments of session recordings in supervision? Strongly disagree Strongly agree

11 Did the supervisor/consultant offer constructive feedback on segments of recordings that you played in supervision? 1 2 3 4 5 6

12 Did the supervisor/consultant offer you opportunities to engage in live role-play in supervision? Strongly disagree Strongly agree
1 2 3 4 5 6

13 Did the supervisor/consultant model good technique in playing the therapist role in a way that felt helpful to you? Strongly disagree Strongly agree
1 2 3 4 5 6

14 Did the supervisor/consultant offer you constructive feedback when you played the therapist role in a way that felt helpful to you? Strongly disagree Strongly agree
1 2 3 4 5 6

Supervisor/consultant as mentor/role model

Rating (please circle your answer)

15 Was the supervisor/consultant emotionally self-aware, open and receptive to feedback? Did the supervisor/consultant appropriately disclose about the challenges they have faced as a schema therapist? Strongly disagree Strongly agree
1 2 3 4 5 6

16 Did the supervisor/consultant welcome and answer questions in an open, respectful and clear way? Strongly disagree Strongly agree
1 2 3 4 5 6

17 Did the supervisor/consultant support you to self-reflect and identify your schemas and modes and how they might impact on your work with clients and the supervision relationship? Strongly disagree Strongly agree
1 2 3 4 5 6

Supervisor/consultant as limited reparenting agent

Rating (please circle your answer)

18 Did the supervisor/consultant provide appropriate limited self-therapy in light of schema/mode activation that may have occurred in your work with clients or in supervision? Strongly disagree Strongly agree
1 2 3 4 5 6

19 Did the supervisor/consultant seek your consent in providing limited reparenting and self-therapy? Strongly disagree Strongly agree
1 2 3 4 5 6

20 Did you feel safe when the supervisor/consultant provided limited reparenting and self-therapy? Strongly disagree Strongly agree
1 2 3 4 5 6

21 Did you agree with the supervisor/consultant's recommendation or interventions from their role as a limited reparenting agent? (e.g. suggestions to engage in journal writing, additional mode dialogue, personal therapy?) Strongly disagree Strongly agree
1 2 3 4 5 6

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<i>Summary</i>	<i>Rating (please circle your answer)</i>					
22 When the supervisor/consultant was in the coach/teacher role I had a good experience of supervision	<u>Strongly disagree</u>			<u>Strongly agree</u>		
	1	2	3	4	5	6
23 When the supervisor/consultant was in the role-model/mentor role I had a good experience of supervision	<u>Strongly disagree</u>			<u>Strongly agree</u>		
	1	2	3	4	5	6
24 When the supervisor/consultant was in the limited reparenting role I had a good experience of supervision	<u>Strongly disagree</u>			<u>Strongly agree</u>		
	1	2	3	4	5	6
25 The supervision process facilitated my development as a schema therapist	<u>Strongly disagree</u>			<u>Strongly agree</u>		
	1	2	3	4	5	6

Overall supervision/consultation experience

What aspects of the supervision/consultation process did you find most helpful (e.g. shared evaluation of tapes, role plays, etc.)?

| What aspects of the supervision/consultation process did you find less helpful?

Additional Comments: