

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? | <u>Strongly disagree</u> | | <u>Strongly agree</u> |
| | | 1 | 2 | 3 |
| | | 4 | 5 | 6 |
-
- | | | | | |
|---|---|--------------------------|---|-----------------------|
| 2 | Were you offered a consent form or contract for supervision/consultation? | <u>Strongly disagree</u> | | <u>Strongly agree</u> |
| | | 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? | <u>Strongly disagree</u> | | <u>Strongly agree</u> |
| | | 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? | <u>Strongly disagree</u> | | <u>Strongly agree</u> |
| | | 1 | 2 | 3 |
| | | 4 | 5 | 6 |
-
- | | | | | |
|---|--|--------------------------|---|-----------------------|
| 5 | Did the supervisor/consultant provide guidance in using the case conceptualization form? | <u>Strongly disagree</u> | | <u>Strongly agree</u> |
| | | 1 | 2 | 3 |
| | | 4 | 5 | 6 |
-
- | | | | | |
|---|---|--------------------------|---|-----------------------|
| 6 | Did the supervisor/consultant provide guidance in preparing a recording for independent rating? | <u>Strongly disagree</u> | | <u>Strongly agree</u> |
| | | 1 | 2 | 3 |
| | | 4 | 5 | 6 |
-
- | | | | | |
|---|--|--------------------------|---|-----------------------|
| 7 | Did the supervisor/consultant provide guidance in managing various modes that may impede the client’s therapy? | <u>Strongly disagree</u> | | <u>Strongly agree</u> |
| | | 1 | 2 | 3 |
| | | 4 | 5 | 6 |
-
- | | | | | |
|---|--|--------------------------|---|-----------------------|
| 8 | Did the supervisor/consultant provide guidance in working with clients with avoidant and overcompensating modes? | <u>Strongly disagree</u> | | <u>Strongly agree</u> |
| | | 1 | 2 | 3 |
| | | 4 | 5 | 6 |
-
- | | | | | |
|---|--|--------------------------|---|-----------------------|
| 9 | Did the supervisor/consultant offer you treatment strategies to facilitate mode change in clients? | <u>Strongly disagree</u> | | <u>Strongly agree</u> |
| | | 1 | 2 | 3 |
| | | 4 | 5 | 6 |

Supervisor/Consultant Evaluation Form

10	Did the supervisor/consultant supportively encourage you to play segments of session recordings in supervision?	<u>Strongly disagree</u>	<u>Strongly agree</u>
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?	<u>Strongly disagree</u>	<u>Strongly agree</u>
		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?	<u>Strongly disagree</u>	<u>Strongly agree</u>
		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?	<u>Strongly disagree</u>	<u>Strongly agree</u>
		1 2 3 4 5 6	
<div style="display: flex; justify-content: space-between;"> <div style="width: 60%;"> <p><i>Supervisor/consultant as mentor/role model</i></p> </div> <div style="width: 35%;"> <p><i>Rating (please circle your answer)</i></p> </div> </div>			
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?	<u>Strongly disagree</u>	<u>Strongly agree</u>
		1 2 3 4 5 6	
16	Did the supervisor/consultant welcome and answer questions in an open, respectful and clear way?	<u>Strongly disagree</u>	<u>Strongly agree</u>
		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?	<u>Strongly disagree</u>	<u>Strongly agree</u>
		1 2 3 4 5 6	
<div style="display: flex; justify-content: space-between;"> <div style="width: 60%;"> <p><i>Supervisor/consultant as limited reparenting agent</i></p> </div> <div style="width: 35%;"> <p><i>Rating (please circle your answer)</i></p> </div> </div>			
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?	<u>Strongly disagree</u>	<u>Strongly agree</u>
		1 2 3 4 5 6	
19	Did the supervisor/consultant seek your consent in providing limited reparenting and self-therapy?	<u>Strongly disagree</u>	<u>Strongly agree</u>
		1 2 3 4 5 6	
20	Did you feel safe when the supervisor/consultant provided limited reparenting and self-therapy?	<u>Strongly disagree</u>	<u>Strongly agree</u>
		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?)	<u>Strongly disagree</u>	<u>Strongly agree</u>
		1 2 3 4 5 6	

Supervisor/Consultant Evaluation Form

<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: