

# Post-Supervision Reflection Sheet



**Supervision doesn't end when the session finishes.  
Use this sheet to pause, widen the frame, and integrate your learning into practice.**

What did I want from this supervision session?

What was the contract agreed at the start?

What shifted? What feels different in my understanding of this client?

What broader context might I need to include more consciously? (Relational, cultural, systemic, developmental, power, my own position)

What did I notice in myself during supervision? (Activation, defensiveness, relief, uncertainty, clarity...) What might this tell me about the work or the relationship?

# Post-Supervision Reflection Sheet (page 2)

## Assumptions & Alternatives

What assumptions were surfaced or challenged?

What alternative understanding now feels possible?

## Translating into Practice

What is one small shift I will carry into my next client session?

## What Closing Reflection

What feels most important to carry forward into my next session?