

Preparing for EFT Supervision/Consultation for Review of Recorded Therapy Session

For INDIVIDUAL supervision/consultation

My goal as a supervisor is to offer the most helpful supervision session to you within the 1 hour we have together. The EFT model of supervision requires some preparation on both our ends (supervisor and supervisee) in order to be more productive and effective during the actual supervision hour.

Before a supervision/consultation session, it would be helpful for you to do the following:

- 1- View your therapy session and select a 15-25 minute excerpt to play during our supervision/consultation meeting. Or you can choose two 10 minute excerpts instead. **Please note the time stamp** on the video to find the spot quickly.
- 2- Identify your consultation needs in writing (very brief).
 - a. A brief description of where you are stuck with this couple in terms of the EFT model.
 - b. What are the things you want to focus on in the supervision session (interventions you find difficult or feedback you are seeking)?

VERY IMPORTANT *** Please make sure the excerpts from the video you choose to discuss reflect what your supervision needs are.

- 3- If this is a new couple that we have never discussed in supervision I would also like the following background information on them (very brief):
 - a. Background info on the couple and presenting problem (ages, work, marital status, children, previous marriages)
 - b. Their presenting problem and significant elements of their relationship history (pivotal moments or attachment injuries)
 - c. Attachment styles & Models of self (Include any family of origin information or trauma information impacting their attachment style).
 - d. Relationship positions and negative cycles. (Who is the pursuer and withdrawer? What is their current cycle of interaction? Is this different from the cycles present earlier in their relationship?)

- e. Current Stage and Step of EFT Model (also include the number of sessions to date and any change events that have already occurred)

Having this part in writing will be useful for me to jog my memory when discussing this couple in a later session, but please no more than a few paragraphs.

- 4- **For our first session only**, please provide the video of your taped session to me 1 week before our agreed-upon supervision/consultation meeting date so I can view the whole session and begin thinking about your supervision needs before we meet.

For Group Supervision Consultation:

The same process as above applies. The only difference is that you will present a shorter excerpt of your work (10-15 minutes) as we only have 30-45 minutes of the group supervision time to focus on your individual case. If you present an audio recording, it is preferable that it be accompanied by a transcript of the session. If you present a video recording but the audio is not adequate for the group to understand, a transcript must be made available for each participant.