



The Supervision Companion Kit

A reflective guide for therapists and helping professionals

Created by GBY (Guided by You) Therapy

Supervision is more than a requirement — it's a space to think, feel, and grow. Use this companion kit to ground, reflect, and deepen your professional awareness before, during, or after supervision.

1. Setting Your Intention

Before supervision, take a few moments to centre yourself. Ask:

What's present for me as I come into this space?

What energy am I bringing today — calm, rushed, heavy, curious?

What do I most need from this supervision session?

What's one area I'd like clarity, support, or perspective on?

Tip: jot a few words rather than full sentences. It's about noticing, not performing.

2. The Conversation Lens

Supervision can hold many purposes: accountability, reflection, emotional processing, growth, or skill development. Use this lens to clarify your focus.

Focus Areas: Clinical skills, Emotional processing, Ethical/boundary issues, Professional identity, Supervision relationship.

3. Reflection Prompts for Discussion

What themes or patterns have I noticed in my recent sessions?

Where have I felt most "stuck" or uncertain?

What am I learning about my emotional responses as a practitioner?

How is my own nervous system showing up in client work?

What boundaries feel strong — and which feel tested?

Where have I noticed growth or ease in my work lately?

What do I want to do differently moving forward?

4. After Supervision: Integration & Insight

What was the most helpful moment or insight today?

Did anything surprise me or challenge me?

What emotion am I leaving supervision with?

What do I want to remember next time?

Is there one small step I can take to embody this learning?

5. Growth Tracker

Use this space to capture themes, insights, and action steps month to month.

6. Reflective Affirmations

Reflection is a form of care — for ourselves and our clients.

Supervision isn't about getting it right; it's about getting curious.

Growth happens in the pause between what we know and what we feel.

Supervision is not an evaluation; it's a collaboration.

Curiosity creates safety.

7. End-of-Cycle Reflection

How has my confidence or perspective shifted since my last reflection?

What values guide my practice right now?

What themes have consistently appeared in my supervision sessions?

What professional or personal supports feel most nourishing to me?

What would I like to focus on next?

Closing Reflection

Supervision is the bridge between practice and growth. It's where we slow down enough to notice what's working, what's stretching, and what's quietly asking for care.

Keep this kit nearby — update it between sessions, revisit it when you feel stuck, and let it remind you: Your work matters. Your growth matters. You matter.