Reflecting Team Process

Part I

Identify a client who presents a challenge or who raises issues/concerns for you.

Complete a Case Conceptualization Form and present to the group/supervisor

Also answer the following questions:

- What do you like about this client?
- What do you dislike about this client?
- What are your "triggers" with this client?
- What are your countertransference issues with this client?
- How would you describe your therapeutic relationship with this client?
- What are your strengths/weaknesses working with this client?

Part II

Present the above information to a Reflecting Team/4 Square/Six Hats Team.

Listen to the Reflecting Team/4 Square/Six Hats Team discuss your case presentation.

Your job is to listen and take notes - not talk!

Be sure to add new information add to your Case Conceptualization form.

After listening and maybe at another time work with the Reflecting Team/4 Square/Six Hats Team to develop possible strategies for working with this client.

Incorporate into your Treatment Plan the actions that you plan to implement.

In subsequent weeks, update your peer supervision group.