

Sentio Supervision Model

Step 1. Opening Supervision

- ☐ Check in on previously assigned DP homework.
- ☐ Check supervisee's outcome data.

Step 2. Ask supervisee to share and read the Supervision Preparation Form

- ☐ Optionally, ask for any additional information you deem relevant.
- ☐ Watch a therapy recording segment chosen by the trainee.

Step 3. Identify Client Challenge

- ☐ 1. "Notice that your client is saying/doing..."
- ☐ 2. "What I think might be happening here is... [theoretical formulation]"

Step 4. Identify Therapist Deficit

- ☐ 1. "When your client does ... [challenge], notice that you do ... [deficit]"
- ☐ 2. (Optional) "What was your intention (desired outcome) behind this intervention?"
- ☐ 3. (Optional) "How did the client react to your intervention?"
- ☐ 4. "This intervention might be keeping you stuck because... [rationale]"

Step 5. Identify Learning Goal

- ☐ 1. "How about we practice... [skill / supervisor models intervention]?"
- ☐ 2. "This might help here because... [rationale]"

Step 6. Behavioral Rehearsal w/ feedback

- ☐ 1. "[Positive feedback]. I think you could [corrective feedback]."
- ☐ 2. "Let's try that again."

Step 7. Assign DP Homework & Feedback

- ☐ "Use the same therapy recording segment to repeat the same exercise for at least 10-minutes until our next supervision session."
- ☐ Optionally, suggest additional conceptual readings or resources.

Suggested Supervision Timeline:

- **Minutes 1-5:** Step 1: Opening Supervision
- **Minutes 5-10:** Step 2: Supervision Preparation Form
- **Minutes 10-25:** Steps 3-5: Identify a Challenge, Deficit & Learning Goal
- **Minutes 25-48:** Step 6: Behavioral rehearsal
- **Minutes 48-50:** Step 7: Assign DP Homework

When to revert to traditional supervision:

- Trainee is sick or dysregulated.
- Trainee presents case management needs for severe/complex clients. (e.g. management of psychotic episode; complex legal/ethical issues)
- There is an indication of rupture in the supervisory relationship.

Articles about the Sentio Supervision Model:

- [Deliberate Practice Supervision in Action: The Sentio Supervision Model](#)
- [What Deliberate Practice Supervision Has to Offer Traditional Supervision: Nine Take-Home Messages](#)
- [The Leap Towards Deliberate Practice Supervision](#)
- [A Supervisor's Deliberate Practice Journey](#)
- [Deliberate Practice Supervision Series from the Sentio Marriage and Family Therapy Program](#)