CLINICAL SKILLS:
DURING FOLLOW UP SESSIONS

The Clinician's Incubator
Supervision for CNS Candidates

1. A moment of prep: who are you speaking with…not their disease or condition but who they are as a person
2. Always welcome and greet them – be happy they are there
3. If it's the first session following the intake (especially), review previously agreed-upon objectives. Bring the client back to why they are visitng with you.
4. If it's a new relationship, make sure the logistics are clear, such as portal usage, communication expectations, boundaries, as well as making sure clients are doing this for themselves, ot because they want to be an "A" student.
5. Let them lead, use prompt Qs to help
   - "What did we talk about the last time that you found the most helpful?" or "Was there anything we missed?"
   - "Do you want to review the homework or did you have something else on your mind today that you want to start with?"
6. Make certain clients are owning homework recommendations – not for you, but for them
7. Ask clients – should we focus next on A or B?
8. Keep charting! Including new "free text" and "homework"
9. After 6 sessions (guideline only), assess symptom improvement