

## Case Conceptualization Activity Notes for Supervisors

It is usually helpful to begin the activity by working with the supervisee to identify a client presenting concern or client goals. As the supervisee conceptualizes their client aloud you might assist in identifying applicable identity cards. Cards can be cut out and stacked so the various intersections described by the supervisee are visible. We have also found it useful to slow the process down and help the supervisee to articulate their working hypotheses. It is helpful if the supervisor keeps it to three to four intersections maximum at a time while gently pointing out relevant intersections that the supervisee may have overlooked. Depending upon the supervisee's developmental level you may need to consistently model going one step further and conceptualizing portions of the client case aloud. As the supervisee develops conceptual skill sets and cognitive complexity they can be encouraged to do more and more of the driving, so to speak. You will know the activity was successful when the CIT makes new meaning/realizes an alternative perspective and says something similar to 'I never considered the way it was all related before, or I didn't realize that one factor could come up in so many different ways across so many categories'. The first time it usually takes an hour to an hour and a half to complete. It is not necessary to use all of the categories and you are welcome to add or modify categories or the activity in general as needed.