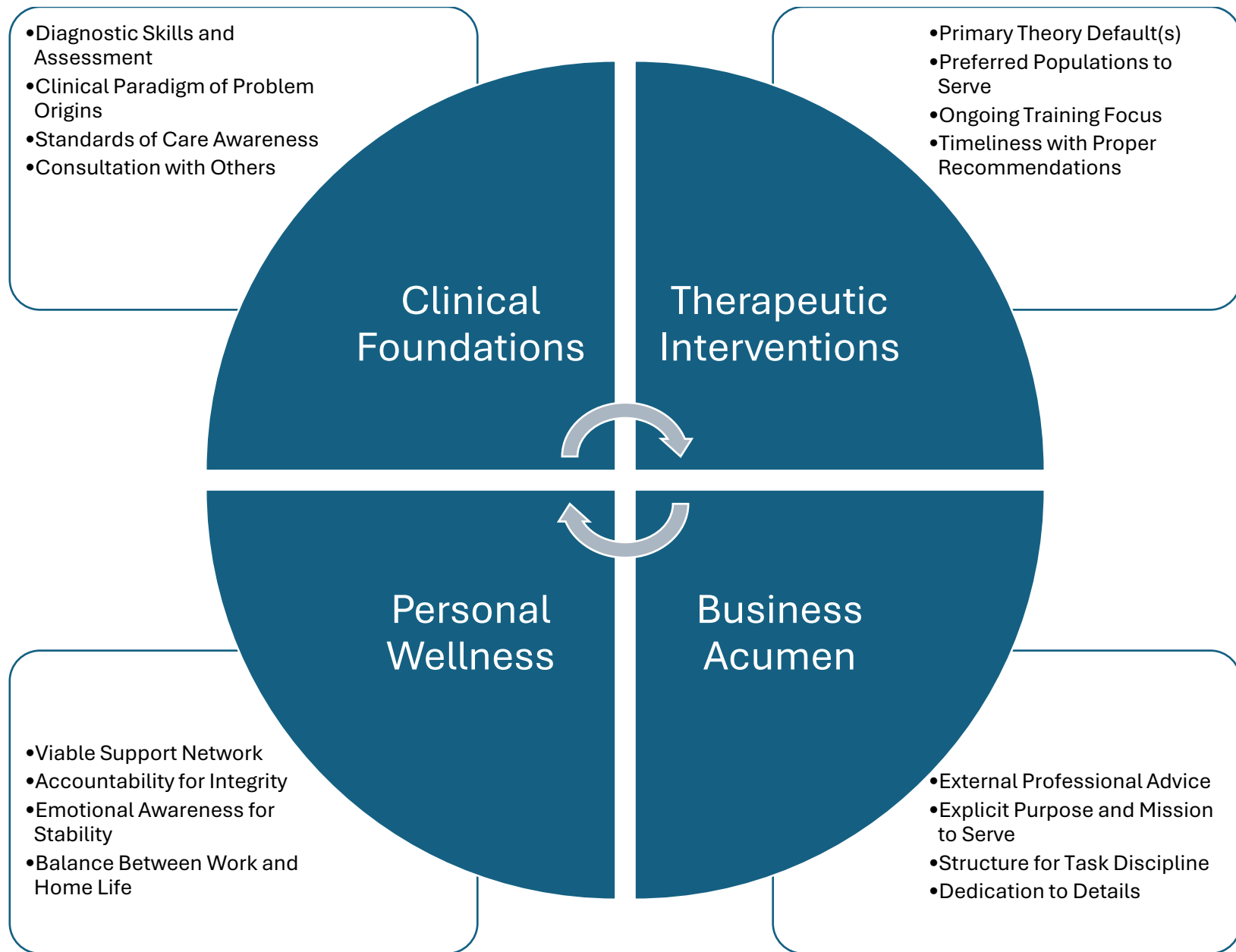


**The CASE Model for Supervision:** Helping a therapist to be *Competent, Aware, Service-minded and Effectual* / **Date:** \_\_\_\_\_



**The CASE Model for Supervision:** Helping a therapist to be *Competent, Aware, Service-minded and Effectual* / **Date:** \_\_\_\_\_

**Clinical Foundations:**

1. Diagnostic Skills and Assessment: A therapist will be competent at diagnosis, case development, and documentation.
2. Clinical Paradigm of Problem Origins: A therapist will be able to describe the basis for problems in the world and client.
3. Standards of Care Awareness: A therapist will align oneself with the recommended standards/boundaries for services.
4. Consultation with Others: A therapist will be open to feedback and use it in ways to address strengths and weaknesses.

**Therapeutic Interventions:**

1. Primary Theory Default(s): A therapist will be able to describe his or her favorite theoretical orientation and why.
2. Preferred Populations to Serve: A therapist will strive to determine the population that resonates with his or her vision.
3. Ongoing Training Focus: A therapist will look for areas of skill development that will aid one's private practice evolution.
4. Timeliness with Proper Recommendations: A therapist will be patient with interventions in order to not cause setbacks.

**Personal Wellness:**

1. Viable Support Network: A therapist will have an active and diverse support network that encourages good self-care.
2. Accountability for Integrity: A therapist will model recommendations made in treatment to care for his or her own life.
3. Emotional Awareness for Stability: A therapist will address any areas of life that become obstacles to effective service.
4. Balance Between Work and Home Life: A therapist will seek to establish a caseload/schedule for equilibrium in life.

**Business Acumen:**

1. External Professional Advice: A therapist will involve outside professionals to help him or her with business decisions.
2. Explicit Purpose and Mission to Serve: A therapist will be able to describe the reasons and foundation to serve others.
3. Structure for Task Discipline: A therapist will have a daily work routine that aids with the demands of private practice.
4. Dedication to Details: A therapist remains attentive to the aspects of insurance billing that dominate behavioral health.

**The CASE Model for Supervision:** Helping a therapist to be *Competent, Aware, Service-minded and Effectual* / **Date:** \_\_\_\_\_

**Therapist Growth Goals Identified (Likert Scale Evaluation: 1 = weak / 5 = strong):**

**Overall Assessment of the Four Cornerstones:**

- |                               |   |   |   |   |   |                        |
|-------------------------------|---|---|---|---|---|------------------------|
| 1. Clinical Foundations:      | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 2. Therapeutic Interventions: | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 3. Personal Wellness:         | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 4. Business Acumen:           | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |

**The Building Blocks for Clinical Foundations:**

- |  |   |   |   |   |   |                        |
|--|---|---|---|---|---|------------------------|
| 1. Diagnostic Skills and Assessment:     | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 2. Clinical Paradigm of Problem Origins: | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 3. Standards of Care Awareness:          | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 4. Consultation with Others:             | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |

**The Building Blocks for Therapeutic Interventions:**

- |                                       |   |   |   |   |   |                        |
|---------------------------------------|---|---|---|---|---|------------------------|
| 1. Primary Theory Default(s):         | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 2. Preferred Populations to Serve:    | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 3. Ongoing Training Focus:            | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 4. Timeliness with Proper Recommend.: | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |

**The Building Blocks for Personal Wellness:**

- |  |   |   |   |   |   |                        |
|--|---|---|---|---|---|------------------------|
| 1. Viable Support Network:             | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 2. Accountability for Integrity:       | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 3. Emotional Awareness for Stability:  | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 4. Balance Between Work and Home Life: | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |

**The CASE Model for Supervision:** Helping a therapist to be *Competent, Aware, Service-minded and Effectual* / **Date:** \_\_\_\_\_

**The Building Blocks for Business Acumen:**

- |   |   |   |   |   |   |                        |
|---|---|---|---|---|---|------------------------|
| 1. External Professional Advice:          | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 2. Explicit Purpose and Mission to Serve: | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 3. Structure for Task Discipline:         | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |
| 4. Dedication to Details:                 | 1 | 2 | 3 | 4 | 5 | Goal to Improve: _____ |

**Collaborative Steps to Ensure Growth:**

1. At, or near the start of supervision, the initial scoring of this model will act as a pre-test and the last one, a post-test.
  2. Review the Likert Scale scores each quarter of the year seeking tangible improvement in designated areas.
  3. Goals cannot be repeated but can echo similar ones from the past in order to assure growth is targeted.
  4. Both the Supervisee and the Supervisor will complete this model each time and sign off on its conclusions.
  5. One supervision time each month will be an observation time of the supervisee – scheduled during supervision.
  6. A supervisee will obtain informed consent from a client for audio and/or video recording of a session each quarter.
  7. A supervisee's schedule will strive for balance in his or her private practice in order to develop these model items.
  8. Regular ongoing training and reading, external to APS, is highly encouraged in order to supplement this CASE model.
  9. The goals listed on each self-assessment will be a set of guidelines for ongoing skill and personal development.
  10. The accumulated results of this model's self-assessments will be a factor used in the final signing off on licensure.
-

**The CASE Model for Supervision:** Helping a therapist to be Competent, Aware, Service-minded and Effectual / **Date:**\_\_\_\_\_

**Notes For/From Review:**

---

*We have reviewed the model results as described above and commit to ongoing growth for the supervisee.*

\_\_\_\_\_  
Supervisee Name:

\_\_\_\_\_  
Supervisee Signature:

\_\_\_\_\_  
Date:

\_\_\_\_\_  
Supervisor Name:

\_\_\_\_\_  
Supervisor Signature:

\_\_\_\_\_  
Date: