# Session Record

| | |
|---|---|
| Supervisor: Dr. Emily Johnson | |
| Practitioner: Sarah Martinez | Date: May 10, 2024 |
| **Agenda** | |
| **1. Review of previous session** | |
| " Discussed implementing self-care strategies.<br>" Sarah has been actively working on managing stress through mindfulness practices. | |
| **2. Case discussion** | |
| " Reviewed progress of client, Mr. Smith, and his treatment plan for anxiety.<br>" Identified barriers to treatment adherence and explored potential interventions. | |
| **3. Professional development goals** | |
| " Set a goal to attend a workshop on trauma-informed care next month.<br>" Discussed opportunities for Sarah to shadow a colleague with expertise in family therapy techniques. | |
| **4. Reflection on practice** | |
| " Sarah reflected on a recent challenging case involving child protective services.<br>" Explored strategies for managing emotions and boundaries in complex client situations. | |

**5. Feedback and support**

" Dr. Johnson provided positive feedback on Sarah's empathetic approach with clients.
" Discussed strategies for assertive communication in interdisciplinary team meetings.

**6. Action plan**

" Sarah to schedule trauma-informed care workshop and provide details by next supervision session.
" Dr. Johnson to share resources on family therapy techniques for Sarah to review.

**7. Self-care strategies**

" Agreed to schedule regular breaks throughout the day to recharge.
" Discussed the importance of maintaining work-life balance and setting boundaries.

**Notes**

" Sarah expressed gratitude for the support received during supervision sessions.
" Dr. Johnson commended Sarah on her dedication to professional growth and client care.