

Peer Consultation/Supervision of Structural Family Therapy

Therapist: _____ Consultant: _____
Session # _____ Date: _____

Directions: Rate the therapists overall effectiveness in using the following techniques.

Techniques

Use?		Needs improve -ment	Marginally Effective	Effective	Very Effective	Exceptionally Effective
	Joining					
	Focus					
	Tracking					
	Empowering					
	Circular Questioning					
	Highlighting family strengths					
	Focus on here & now					
	Challenging family reality					
	Using metaphor/analogy					
	Assigning Tasks					
	Marking Boundaries					
	Reframing					
	Highlight Complementarity					
	Highlight Differences					
	Enactments					
	Unbalancing					
	Intensifying the interaction					
	Education					
	Modeling					
	Focuses on family processes					

Key themes of the session:

Technique Process

Use?		Needs improve -ment	Marginally Effective	Effective	Very Effective	Exceptionally Effective
	Uses short, specific communication					
	Explicitly structures interactions among members					
	Collaborates with family					
	Does not collude with the family					
	Make the covert overt					
	Intersperses questions with reflective comments					
	Takes risks during the session					
	Does not get stuck in content					
	Facilitates parental subsystem in dealing with the child subsystem					
	Demonstrates warmth					
	Communicates respect, concern and caring					
	Appears relaxed and comfortable					
	Demonstrates sense of humor					
	Appropriately uses self-disclosure					
	Ends session on time					

SANDWICH

Bread (praise):

Meat (constructive feedback):

Bread (praise):
