



Transcript for Video #10. Rate & Predict Exercise

Reigniting Clinical Supervision (RCS)

Now that we've talked about the use of the measures and how to make the graphs visible and to interpret them. Like kid, play along with this exercise that you can use into your day to day clinical practice. It's called the Rate and Predict Exercise. So this is how it goes when you explain the session rating scale to your client. After you've done that and they're about to put down the ratings, I would like you to also, take a one piece for yourself and to do the same. But without looking at the score. And just for you to assess how, from your perspective, as a therapist. How did the session go, and you rated it as well.

Alright, the reason you are doing this is for the next part... when the client pleases the rating and let's just say, he or she scores let's say about 9 here, maybe 7 here, and then a 9 and a 9. Where is when you rate to it your score it has an 8, maybe as a 9, and then maybe as an 8 and an 8 again. You know there's a difference between the scores, especially for the golds and topics. That's when you become more alert. We are more alert that is everywhere receptive. We are more alert when we are wrong. And when this confirming evidence comes in it peaks us years in interest and you can ask about it said, "Hey! This is really interesting. I thought that we could cover what is important, what do we missed out, which we have talked about. Tell me what are the important things that we should spend our time talking. Together what we have and we haven't.

That helps you to use the feedback to feed forward and to what makes to be practiced.