

## SCRIPT

### MI IN SUPERVISION

1. SUP: You sound weary when you talk about this particular client.	
JESSICA: Yes, I am. I feel like he comes in, takes over, and I am just along for the ride. I'm not sure what he needs, and I get lost in his stories. But I don't think there is anything I can do. He is so resistant.	
2. SUP: I'm sure it is difficult to feel powerless in your sessions. What is it like to get lost in his stories?	
JESSICA: Well, I try to follow them... but sometimes they just don't add up, you know? It's like he is exaggerating parts of them or maybe just making them up as he goes along. Either way, I end up wondering whether or not they actually happened.	
3. SUP: You are doubting the truthfulness of what he is saying, yet you are unsure what to do about those doubts.	
JESSICA: Exactly, I don't want to be mean, but I just don't believe him a lot of the time. But I don't know what to do, so I just go along with him, feeling frustrated the whole session. I wish he would just be honest!	
4. SUP: A part of you is afraid of offending the client, so you continue tracking his stories and yet another part feels inauthentic as you appear to believe something you don't.	
JESSICA: Yeah, I guess inauthentic is the right word. I hadn't really thought of it like that... but he makes me feel that way. I am doing what I need to do.. and if he is dishonest there is no changing that.	
5. SUP: So it may be that your client is responsible for making you disingenuous and even now you are powerless to do anything about it.	
JESSICA: Well, I don't know if I am powerless. It probably isn't completely his fault. I guess there might be something I could be doing differently.	
6. SUP: I hear you acknowledging that your role in this relationship is also important and your contribution does impact what happens in session. That sounds empowering. [Jessica nods in agreement]. You know, as you talk about this client, I can't help but think of your supervision goals, particularly the one around relying on your in-session reactions.	

JESSICA: [sigh] I wasn't even thinking about that goal, but now that you bring this up I guess it really does apply. I have a lot of in-session reactions with this client... I don't even know what to do with them, but I'd like to do something more authentic.	
7. SUP: So you have been aware of your feelings and reactions in session, yet you are unsure how to utilize them in a therapeutic way... and you would like that to be different.	
JESSICA: Right. As of now, I just sit there and stew... and the session goes nowhere... I don't want to keep doing that.	
8. SUP: Let me ask you, on a scale from 0-10 with 10 being extremely high, how important is it for you to use your in-session reactions to inform your work and be more authentic with your client?	
JESSICA: Well, I guess like an 8 or 9. I don't want to continue to leave each session frustrated, and I honestly don't think I am helping him very much by pretending I believe his stories.	
9. SUP: So it is very important for you to make a change. I wonder, how confident do you feel that you could make this change in your clinical work? Let's use the same scale, from 0 to 10.	
JESSICA: I don't know... like a 3 or something.	
10. SUP: Okay, it is important to you, but you really aren't sure you would be able to do things differently even if you tried. I wonder, why is this rating a 3 and not a 1?	
JESSICA: Well, I guess I don't feel completely incapable. I mean, I've learned new things before.	
11. SUP: What is coming to mind?	
JESSICA: Last semester I didn't think I could reflect meaning... but after we worked on it for a while, I was actually able to start doing it in session.	
12. SUP: So you identified an area for growth, practiced it in supervision and felt confident to try it out in session. What else?	
JESSICA: Well... I guess I also learned how to do a suicide assessment. I used to be terrified of a client having suicidal ideations, but now I think I can do an okay job responding to that.	

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