

Mearns' 20 suggested questions for consideration during person-centred supervision.

- How do I (the counsellor) behave in relation to this client?
- What do I feel in relation to this client?
- What do I think when I work with this client?
- What goes on 'underneath' for me?
- What parts of myself am I using with this client?
- Am I 'changing' (using different parts of me) in relation to this client?
- What parts of myself am I not using in relation to this client?
- What is the nature of my empathy with this client?
- Are there any blocks to my empathy with this client?
- How is my warmth with this client?
- Is my warmth different with this client than with others?
- Do I have any tendency towards 'conditionality' with this client?
- In what ways am I being incongruent with this client?
- Am I feeling any problems in relation to my contract with this client?
- Am I experiencing any 'boundary' problems with this client?
- What am I learning in relationship with this client?
- What are my assumptions about how the client is experiencing me?
- How am I checking on the client's experiencing?
- What is my judgement of this client's locus of evaluation?
- How is my judgement of the client's locus of evaluation affecting my communication with the client?

From Dave Mearns. Person-Centred Counselling Training (Kindle Locations 1275-1283). Kindle Edition.