

ACTIVITY 9.1

Process Note Template for LGBTQ Affirmative Supervision

Client:

Session #:

Therapist:

Date:

1. Issues presented in session:
2. Themes emerging across multiple sessions:
3. Cultural beliefs and conflicts
 - (a) Client's identity statuses (e.g., race, ethnicity, sexual orientation, gender identity, sex, ability status, social class, subculture identification)
 - (b) Therapist's identity statuses (e.g., race, ethnicity, sexual orientation, gender identity, sex, ability status, social class, subculture identification)
 - (c) How are the similarities and differences influencing the work in the therapy room? What knowledge, awareness, and/or skills do you need to enhance this work? How are you broaching these issues in session?
 - (d) Transference, countertransference, and biases: How is the client reacting to you? How are you reacting to the client that seems uncharacteristic or distorted, or atypical?
 - (e) Strength and quality of working alliance (e.g., mutual agreement on goals and tasks, client's perception of empathic bond, ruptures, or repairs in session?)
 - (f) Client's sources of resilience and strength
 - (g) Advocacy: Considering the client's presenting concerns in an ecological context, what potential areas for advocacy (e.g., acting with or on behalf of your client at individual, community, and public levels for empowerment and change; Lewis, Arnold, House, & Toporek, 2003).