

Benchmark Video Submission Assignment #1

Jeremy Gillentine

Department of Counselor Education and Supervision, Liberty University

COUC714 Supervision and Consultation

Dr. Stacey Lilley

June 22, 2025

Author Note

Correspondence concerning this article should be addressed to

Email: Jeremy [Gillentine—jgillentine@liberty.edu](mailto:jgillentine@liberty.edu)

COUC714—Video Submission Assignment

As a counselor, I primarily work from the Solution Focused Brief Therapy modality. This method sees the world from a strengths-based mindset where I as the counselor see the client as the professional of themselves. I see my role as helping the client to consider where they desire to go, why they want to go there, and what difference they hope it will make as they grow or move closer to that place or ideal. Solution Focused Clinical Supervision (SFCS) has a very similar mindset of helping supervisee to grow and mature by helping them to see their strengths and attributes that have been well done to help them to be empowered through what has been done well.

I seek to come along side my supervisee and help the through a relationship built on a shared alliance. “The SF supervision approach includes several factors that contribute to this alliance: well-defined goals and evaluation processes built on success and needed improvements, reducing hierarchy to create respectful collaboration, flexibility to meet therapist goals, and commitment to positive client impact. Encouraging the development of trust through support, safe communication, appropriate self-disclosure, encouraging supervisee feedback, and sensitivity to therapists’ abilities and deficits is the responsibility of the supervisor” (Thomas, 2013, pg. 165).

A skill I felt confident in was building a rapport with my supervisee. We were able to discuss his client’s case in a manner that was laid back yet productive. We had a very conversational dialogue. It was apparent that my supervisee was calm and able to discuss his

case well and process through what had occurred in their session. I was able to help my supervisee to consider some potential ideas to continue to help his client to continue to progress. My supervisee was wanting help being more confident with his teenage client. I was able to help him be aware of areas of strength where he was doing well helping his client to move forward (51:56). I was able to help my supervisee to pull out some of the strengths he had and how they were displayed in session (15:20 & 37:15).

An area where I feel I could improve is with talking to much (48:00). I do not believe this is a severe issue but feel that at times I could have been more concise. During our session, my supervisee was able to introduce me to Semantic Experiencing and Organic Intelligence. I was able to allow him to discuss his preferred modality and draw out similarities between it and Solution Focused Brief Therapy which is the primary modality that I utilize in my counseling work. This biggest fault I had was forgetting to begin the video and having to stop our flow to begin and then regroup. It was not a huge issue but was a distraction as we were beginning our relationship together. There were a couple of times when my supervisee was trying to bond with his client and though I would have done similarly in a session, I wonder if I should have challenged him to think about the casualness of the encounter (19:20 and others).

Overall, our time went well. We were able to build rapport and at the end he reported having gained some insights to help him with growing as a counselor. I look forward to meeting with him again in a couple of weeks.

Thomas, F. N. (2013). *Solution-Focused Supervision: A Resource-Oriented Approach*. Springer Publishing.