

Benchmark Video Submission Assignment #2

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As my supervisee (who I will call B) and I began our last session together, I prayed and had some basic small talk to help get us settled into our time together. B original desire for additional supervision was seeking help with Solution Focused Brief Therapy (SFBT) techniques (SFBT has been my primary modality in my counseling work). B expressed some feelings of inadequacy regarding her upcoming Internship. I was able to calm some of her obvious apprehensions regarding her upcoming Internship by reminding her that though the work she is now doing as a counselor is a little different than what she has been doing in her career, the two were similar enough that she clearly has some skills already in her tool bag that she can draw from (first 5 minutes). During the next couple of minutes, I was able to check in with B to be sure all was well with her. B had a few statements and visual indicators that seemed to be off from our two previous meetings, so I checked in and then was able to further build comradery with B identifying with being a bit tired due to it being a holiday weekend and trying to complete some school assignments (5:30—7:30).

I use Solution Focused Supervision (SFS) and using SFS ideals, I was purposeful to ask B when she begins her internship, what is something that would help you to know that she is more prepared than she had previously thought she was (7:30-8:00). A weakness I noticed is not following up with this question. B answered at it but more around it so I should have pushed B more to think about what she perceived would let her know she is prepared. One of B's apprehensions about her upcoming Internship was getting her needed hours in. I was able to encourage B that 300 hours is a lot but that she should be able to get her hours in the Fall

semester. I further reminded B that though I do not remember what the break down is specifically, that less than half were face-to-face with the other hours involving all the other work she will be doing preparing for clients and the follow-up afterwards with notes etc. (11:00ish).

I asked B if she had been able to actively use Solution Focused Brief Therapy (SFBT) or is it was a completely new idea for her (14:00ish). I reminded her that SFBT is more of a mindset than it is a set of techniques and then thinking through what that may look like in action (17:30). I asked B what SFBT ideas you feel you used best and then discussed them together (19:30). We spent a large portion of the remainder of the time talking together a various ways SFBT would be used. We had a back-and-forth interaction, but a couple of times I was a bit long winded (around 34:00ish). I shared a situation with my upcoming semester classes registration to help normalize some of B's stressors (42:00ish). B had specifically mentioned concerns regarding the "what if's" that might occur with a crisis (e.g., suicidality). I encouraged B to ask her site supervisor, at the beginning of her internship, what their procedures are when crisis type issues arise. I reminded B that she will not be alone in those situations because she will have her site supervisor and her Liberty supervisor who she will be able to reach out to for guidance in precarious moments of uncertainty. I closed our time with some words of encouragement and prayed God's blessings on B personally and in her work (last 5 minutes).