

Therapy Observation Checklist

This resource is a part of the Clinical Supervision and Practice Support Toolkit from the [PACES Learning Pathway](#). The resources in this toolkit are provided as optional tools to support supervision and professional development. They are intended to guide meaningful conversations and reflection and may be used, adapted, or replaced with other approaches that best meet the needs of the supervisor and employee.

Any information documented using these tools is intended solely to support the supervisory process and is not intended to form part of the employee's official personnel or human resources record. Completed tools should not be submitted to Human Resources or retained in an employee file.

How did the clinician begin the session?

What information did the clinician gather?

How did the person react to the questions asked?

Therapy Observation Checklist | 2

What did the clinician do (verbally and nonverbally) to encourage the client to continue talking?

If the client wandered off-topic, how did the clinician draw him/her back to the topic?

How did the clinician demonstrate empathy for the client?

Did the clinician demonstrate evidence-informed strategies, techniques, approaches?

Therapy Observation Checklist | 3

What strengths, talents, abilities do the therapist recognize and encourage with the person?

What goals and action plans were discussed?

How did the clinician end the interview?

Did she/he summarize information, discuss what would happen next?

Therapy Observation Checklist | 4

© 2026 Recovery Alberta – Provincial Practice Supports.



This work is licensed under a [Creative Commons Attribution-Non-commercial Share Alike 4.0 International license](https://creativecommons.org/licenses/by-nc-sa/4.0/). To view a copy of this licence, see <https://creativecommons.org/licenses/by-nc-sa/4.0/>. The licence does not apply to Recovery Alberta trademarks, logos or content for which Recovery Alberta is not the copyright owner. Disclaimer: <https://www.ahs.ca/about/Page635.aspx>