

Clinical Supervision of Psychotherapy



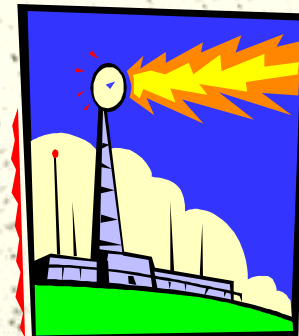
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Definitions:

- # **psychotherapy:** interpersonal relationship designed to promote beneficial changes in the thoughts, feelings, behavior of distressed clients
- # **clinical supervision:** a method of dialogue between a senior and a junior psychotherapist which influences the conduct of psychotherapy
- # **metatherapy:** a therapy of the process of psychotherapy

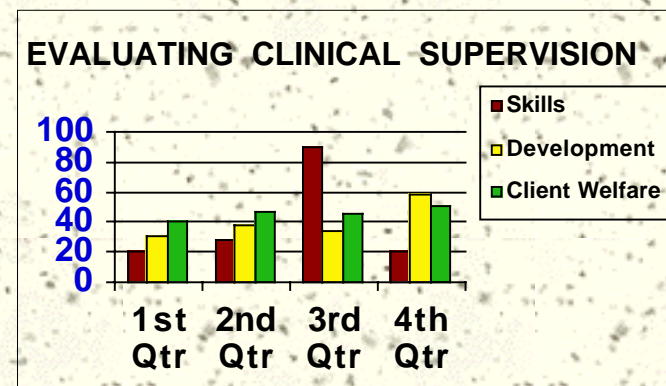
Today's Agenda

- # functions of clinical supervision
- # a basic method of clinical supervision
- # types of supervisory interventions
- # assessing clinical interventions
- # supervisee developmental issues
- # training clinical supervisors



Clinical Supervision Functions

- # insuring client welfare
- # enhancing supervisee growth within stages
- # promoting transition from stage to stage
- # evaluating the supervisee



A Basic Method



- # consider the context of supervision
- # form a consultative style
- # choose a difficult case
- # meet regularly
- # follow a specified format

Presenting A Case

- # client description
- # diagnosis
- # presenting issues
- # central history
- # treatment plan
- # status of the progress of psychotherapy
- # offer a sequence of “process notes”



Process Notes

- # a summary of a portion of a recent meeting
- # client said and felt , therapist said and felt
- # example



What Is the Supervisor Doing?

- # focus on the relationship between the client and the psychotherapist
- # identify with the client
- # listen to how the client adapts to what the psychotherapist says
- # listen for “derivatives” in the client’s responses

What Is the Supervisor Doing?

- # silently form a hypothesis
 - what is the meaning that the client finds in the conversation reported?
- # note the nature of the very next client responses reported
 - they will confirm or deny your hypothesis

What Is the Supervisor Doing?

- # observe your subjective reactions
 - your mood, fantasies, associations, posture, intuitive notions
- # consider the “parallel process”
 - vestiges of the client-psychotherapist relationship in the supervision itself

What Is the Supervisor Doing?

- # offer your hypothesis of what is happening for the client
- # cite theoretical references to how to respond
- # cite your own experience of similar clients
- # seek out countertransferential realities
- # role-play the psychotherapist, and the supervisee the client

What Is the Supervisor Doing?

- # follow case over time: “the client is the ultimate clinical supervisor”
- # assess supervisee developmental needs
- # assist the supervisee in learning
- # defend the supervision in the setting
- # seek your own supervision

Assessment of Supervisee Interventions

- # a client will respond to an “effective” intervention by..
 - modifying defensive behavior
 - disclosing unexpected material that helps reorganize understanding what has been said

Supervisee Assess Their Intervention

- does it meet the client's need?
- does it meet the psychotherapist's need?
- does client maintain or decrease defenses?

Some topics that are considered

*iatrogenic
craziness*

*dual
relationship*

*therapeutic
frame*

*symptom
reduction*

medications

collusions

transference

*treatment
planning*

*treatment
context*

*client
strengths*

silence

contact

*technical
language*

*therapeutic
alliance*

*subjective
experience*

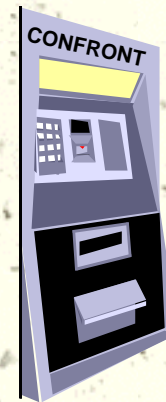
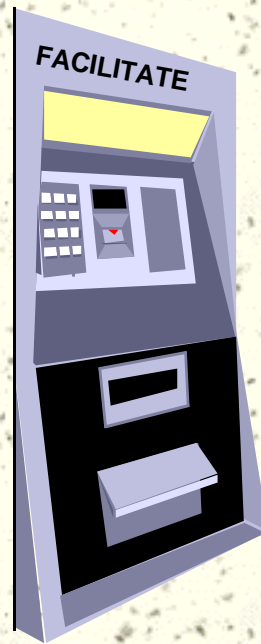
*managled
care*

awareness

failure

Categories of Supervisor Interventions

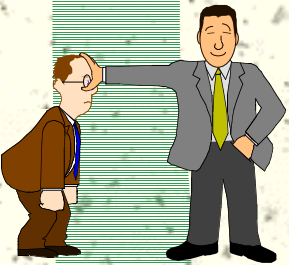
- # facilitative
- # confrontational
- # conceptual
- # prescriptive
- # catalytic



Assessing the Supervision Itself

- # the supervisory context & relationship
- # supervisee developmental stages:

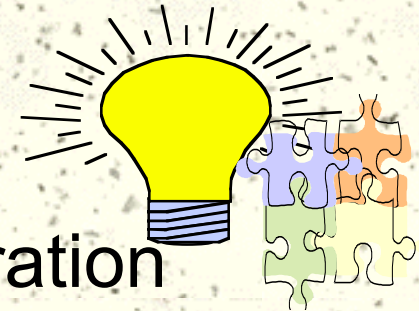
stagnation



confusion



integration



Supervisor Variables

- # genuineness
- # potency
- # optimism
- # courage
- # sense of timing
- # sense of humor
- # capacity for intimacy
- # openness: fantasy and imagery
- # respect and consideration

Supervisee Developmental Issues

- # professional ethics
- # competence
- # emotional awareness
- # respect for individual differences
- # autonomy
- # identity
- # purpose and direction
- # motivation

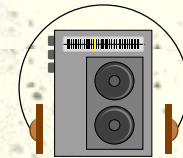
Training of Clinical Supervisors

- # conceptual
- # experiential
- # personal self-knowledge
- # integrative



Auxiliary Methods

- # structured exercises
- # video or audio tape
- # observed meetings
- # peer supervision
- # supervision group of six
- # computer conferencing?

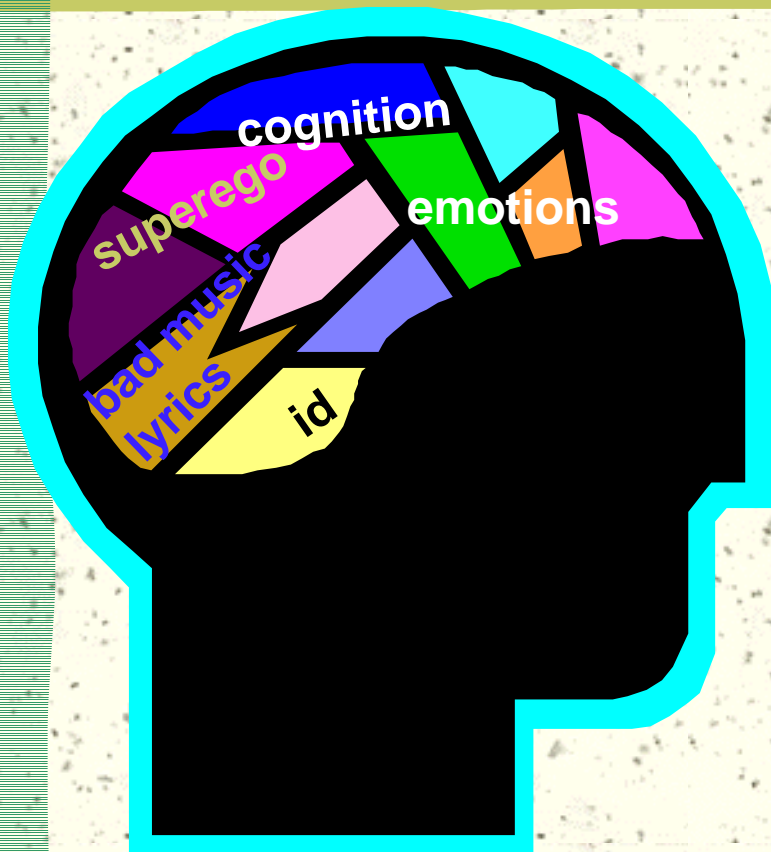


Small Groups and Supervision

- # composition
- # roles
- # size
- # disciplines
- # attention to group process
- # personal affinity



Supervision Over Time



- # clinician's strengths, weaknesses addressed
- # countertransference is consistent
- # supervisory admonitions repeat themselves
- # it is not psychotherapy

Handouts



- # Clinical Supervision: A Conceptual Model
- # Clinical Supervision of Direct Practice Social Work
- # Clinical Consultation Between Colleagues

References

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