CO795: Fundamentals of Clinical Supervision

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LMFT, LPC, AASECT-certified sex therapist, ABCST-certified sex therapist

Guest Instructor: James W. Pruett, Ph.D.; D.Min. AAMFT-Approved Supervisor
CCE-Approved Clinical Supervisor, CFBPPC LPC, LMFT LPCS, LMFTS
AAPC Diplomate, CPSP Diplomate

July 9-13, 2012, Mon-Friday
9:00-12:00 AM; 1:30-4:30 PM

PURPOSE:
This course provides an overview of the theory, research and practice of clinical supervision, and teaches the fundamentals of clinical supervision. It is designed to meet the instructional guidelines for marital and family therapy (MFT) supervision, AAPC and CPSP Diplomate, Licensed Professional Counselor Supervisor (LPCS), and Licensed Marriage and Family Therapist Supervisor (LMFTS). It does that through the interplay of three modalities of active learning: didactic presentation, reflective interaction, and the supervised experience of actual supervisory practice. Some assignments will be specific to the type supervisory credential the student is seeking. This course meets the specifications for MFT Supervision courses necessary for the Approved Supervisor designation by the American Association for Marriage and Family Therapy (AAMFT).

OBJECTIVES: Individuals who successfully complete this course, will
1. Learn and implement essential skills in clinical supervision, including
   a. Facilitate the co-evolving therapist-client and supervisor-therapist-client relationships.
   b. Evaluate and identify problems in therapist-client and supervisor-therapist-client relationships.
   c. Structure supervision, solve problems, and implement supervisory interventions within a range of supervisory modalities (for example, live and videotaped supervision). Address distinctive issues that arise in supervision mentoring.
2. Know the major models of supervision, including systemic and developmental models
3. Understand the major roles and responsibilities of supervisors
4. Recognize common ethical and legal issues in the practice of supervision
5. Assist supervisees in developing culturally competent counseling skills, with sensitivity to gender, race, SES, sexuality and religion
6. Be aware of the requirements and procedures for supervising trainees for AAMFT Clinical Membership, CCE Approved Clinical Supervisor, AAPC and CPSP Diplomate, LMFTS, or LPCS, as appropriate for the goals of the student
7. Develop and articulate personal philosophy of supervision drawn from existing models of supervision and from preferred styles of therapy.

COURSE REQUIREMENTS
1. You will be required to attend all course meetings in their entirety in order to get credit for the full 30 hours. You are expected to be on time for all meetings and remain until each meeting adjourns for the day.
2. All required readings must be completed prior to class.
3. Participants must be prepared to contribute to course discussions and activities.
4. Participants must read and be familiar with the AAMFT Approved Supervisor Handbook and/or the other supervisory standards to which the student aspires.
5. Upon completion of all course meetings, each participant will develop a supervision contract suitable to his/her practice setting.
6. Upon completion of all course meetings, each participant will write a philosophy of supervision paper consistent with AAMFT guidelines and submit a copy to the course instructor. The completed philosophy paper will be reviewed and approved by your supervisor mentor and submitted to AAMFT. The course instructor will provide feedback on your paper at your request. Students seeking other supervisory credentials will consult individually with the course Faculty member and Instructor for applicability of this course to these credentials.

REQUIRED READING
Textbooks:

ADDITIONAL BIBLIOGRAPHY:

Textbooks

Journal Articles:


**Additional Resources:**


American Association of Pastoral Counselors (2010). AAPC Code of Ethics (available at 222.aapc.org)

College of Pastoral Supervision and Psychotherapy (2009). CPSP Cod of Professional Ethics and principles for processing ethical complaints. (available at www.pastoralreport.com)

Reflective Practice: Formation and Supervision in Ministry (Formerly the Journal of Supervision and Training in Ministry) contains the “AAPC Theory of Supervision Paper of the Year” since 1978 and offers models of how pastoral psychotherapy supervision theory has unfolded through the years.
ASSIGNMENTS

All assignments should be written in APA style and should be double-spaced.

1. Personal Reflective Exercise
Submit a three page reflection regarding your own experiences as a supervisee. What were the most and least helpful experiences? What dilemmas did you face during supervision? Did you ever disagree clinically with your supervisor and how did you reach a resolution? What did you learn about yourself, your counseling skills, your clients and the profession during supervision? What did you want or expect from supervision but did not receive?

2. Philosophy of supervision paper
   a. Students pursuing AAMFT approved supervisor status:
      The student will articulate a "Supervision Philosophy Statement." Guidelines for constructing this paper must adhere to the specifications given in Approved Supervisor Designation: Standards and Responsibilities Handbook.
   b. Students pursuing NC and SC LPCS or SC LMFTS status:
      The student will write a 10-15 page, double spaced, paper demonstrating an understanding of the purposes, theoretical frameworks, and models of clinical supervision as well as the roles and relationships related to clinical supervision; this paper shall include legal, ethical, and multicultural issues associated with clinical supervision.
   c. Students pursuing AAPC supervisor status:
      The student will write a paper with annotation and bibliography, 15-20 double spaced pages of student’s supervisory theory using case illustrations/studies and addressing ethical issues. The paper must include:
      i. Student’s theoretical orientation in pastoral counseling supervision
      ii. Student’s integration of spirituality/theology in pastoral counseling supervision
      iii. Student’s methodology of teaching pastoral counseling supervision

3. Supervision contract
   Students will develop a supervision contract suitable to their setting and consistent with the guidelines set out by their regulatory body (AAMFT, LPCS or AAPC).

4. Supervisee Evaluation
   Students will develop evaluation forms and procedures suitable to their setting and consistent with the guidelines set out by their regulatory body (AAMFT, LPCS or AAPC). Provide the instructor with an example evaluation instrument and prepare a 2-3 page, double-spaced paper describing the process for using the form with trainees.

Pre-course Assignments
Read the required texts, articles/chapters, and downloads. Read at least 3 articles/book chapters from the selected bibliography and/or from other sources dated at least 2003 or newer. AAMFT members can download JMFT, Family Therapy Magazine, and other AAMFT resources from

Download or otherwise obtain the laws and rules for MFT, or LPC licensure, Certified Fee-Based Practicing Pastoral Counselor (CFBPPC) or regulation in your jurisdiction. Strive to understand the education, experience, supervision, examination, and other requirements for licensure of MFTs (or relevant license) and for supervision. We will pay particular attention to laws and rules in North Carolina; however, we will cover basic issues of laws and rules pertaining to internship and supervision in all states represented by participants.

**Assignments to be Completed after the Course**

a. Develop supervision contracts.
b. Develop evaluation forms and procedures.
c. Write the philosophy of supervision paper

**Grading and Attendance**

This class will meet from 9:00-12:00 and 1:30-4:30, Monday through Friday. Each class will be approximately one half didactic presentations and one half reflective and experiential interactions regarding that material.

Attendance and full participation is required for all class meetings. AAMFT guidelines do not allow any absences from class.

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<th>Assignment</th>
<th>Percentage</th>
<th>Due Date</th>
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<tr>
<td>Reflective exercise</td>
<td>10%</td>
<td>July 9, 2012</td>
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<tr>
<td>Philosophy of Supervision Paper</td>
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<td>Supervision Contract</td>
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**COURSE OUTLINE:**

**Day 1**
Supervision: A distinct intervention  
Major models of supervision, including MFT and developmental models

**Day 2**
Systemic thinking supervision  
Cultural and contextual issues in supervision

**Day 3**
Formats of supervision. Individual and group supervision  
Effective practices in supervision according to research, core competencies

**Day 4**
Troubleshooting the supervisory relationship  
Supervisory responsibilities and ethical issues in supervision
Day 5
Confidentiality, informed consent, and contracts
Personal Models of Supervision, Closing Thoughts, Course Evaluations