Essentials of Clinical Supervision

Question from chapter 1

1) What sets clinical supervision aside from other types of relationships is the presence of
   a) a dual relationship
   b) an evaluative component
   c) federal or state guidelines
   d) the supervisor’s agenda

2) Administrative and clinical supervisors have similar purposes and missions.
   a) True
   b) False

3) Most of the research in the field of supervision is created within and for which setting?
   a) academic
   b) community mental health
   c) government
   d) private practice

4) The foremost description of bad and ineffective supervisors appears to be
   a) apathy
   b) arrogance
   c) incompetence
   d) inflexibility

Question from chapter 2

5) Which is NOT an element of informed consent for supervision?
   a) information about the supervision
   b) purpose of supervision
   c) HIPAA disclosure
   d) logistics of supervision

6) The supervisee’s clients must be informed that their counselor is under supervision.
   a) True
   b) False

7) Bernard & Goodyear (2004) suggest waiting until the supervisee raises the issue of cultural diversity in supervision.
   a) True
   b) False

8) Dual relationships in supervision really cannot be avoided.
   a) True
   b) False

9) What do supervisors serve as for the profession?
   a) shepherds
   b) gatekeepers
   c) high priests
   d) mentors
10) What legal principal holds that individuals who have control and authority over others will be held accountable for the negligence of those under their control?
   a) shared guilt
   b) vicarious liability
   c) implausible deniability
   d) impugned responsibility

**Question from chapter 3**

11) Which is the traditional model of supervision found within the medical community?
   a) the no model model
   b) the one-size-fits-all model
   c) the supervisee-as-patient model
   d) the expert model

12) Substance abuse treatment for the most part subscribes to a
   a) systems viewpoint
   b) strength based model
   c) case management model
   d) support model

13) Which model of supervision provides supervisees with opportunities to explore affective response to clients?
   a) interactional
   b) relationship
   c) interpersonal process recall
   d) developmental

14) What term was coined by Bordin (1983) to describe the importance of agreement on goals and tasks in supervision?
   a) mutual assured instruction
   b) working alliance
   c) parallel process
   d) joint alliance

15) Which developmental model of supervision was created by Watkins (1997)?
   a) discrimination model
   b) 2-factor model
   c) supervisor complexity model
   d) homeostasis model

**Question from chapter 4**

16) The greatest drawback to individual supervision is monitoring the quality of client care.
   a) True
   b) False

17) Perhaps the biggest drawback to group supervision is
   a) confidentiality
   b) dual relationships
   c) providing equal time for all supervisees
   d) over focusing on group dynamics
18) The stage of group development where members feel safer to disagree with the group facilitator or peers is
a) norming
b) storming
c) forming
d) performing

19) What term describes when a group member makes a suggestion and no one replies?
a) plop
b) flop
c) drop
d) crop

20) Peer supervision is difficult in all the following situations EXCEPT
a) there is too much disparity in the education and experience level of supervisees
b) the organizational system is toxic so supervisees do not feel safe
c) the boundaries regarding confidentiality are set firmly
d) there are situations of upheaval and organizational change

Question from chapter 5

21) The most common method of supervision is
a) interactive live supervision
b) audio taping
c) experiential methods
d) case consultation

22) What does Saccuzzo (2002) suggest for doctoral or postdoctoral level psychologists because of liability issues?
 a) reviewing all diagnosis and treatment plans
b) live supervision
c) reviewing tapes of sessions
d) reviewing transcripts

23) Whiffen (1982) reports that the attention span for reviewing a tape of a supervisee’s session is about
a) 2 minutes
b) 4 minutes
c) 6 minutes
d) 8 minutes

24) Clingerman & Bernard (2004) found novice supervisees felt more relaxed and able to self-disclose their feelings when
a) talking on the phone
b) e-mailing supervisors
c) in a group setting
d) they have had 2 – 3 margaritas

25) “Doubling” is which type of experiential technique?
 a) role-play
b) role reversal
c) empty chair
d) psychodrama
Question from chapter 6

26) Supervisees should be included in the goal setting process to the fullest extent possible.
   a) True
   b) False

27) Gould & Bradley (2001) suggest dividing all the content areas of supervision into components. Which is NOT one of the suggested components?
   a) personal self-awareness
   b) other awareness
   c) practice and skill
   d) knowledge and theory

28) Under HIPAA, supervisors are required to inform all clients of a supervisee’s status.
   a) True
   b) False

29) Probably the most important step in the evaluation process is
   a) ongoing feedback
   b) establishment of goals
   c) giving more formal feedback
   d) final evaluation

30) Which personality instrument is suggested to raise the role of personality in supervision?
   a) MMPI
   b) MCMI
   c) MACI
   d) MBTI

Question from chapter 7

31) What term did Bordin (1983) coin to describe the supervisory relationship?
   a) maser/padawan relationship
   b) therapeutic pact
   c) supervisory working alliance
   d) professional apprenticeship

32) What term does Bordin (1983) use to describe the anxiety resulting from the supervisee’s need to discuss weakness with an evaluator?
   a) double entendre
   b) role ambiguity
   c) therapeutic quandary
   d) trepidation

33) What term do Griffith & Friedon (2000) use to describe an active, ongoing process of self-examination whereby counselors explore theories and assumptions to better understand clients?
   a) guided assessment
   b) reflective thinking
   c) therapeutic journaling
   d) thero-spection
34) What does Frame (2000) state supplies means to help supervisees explore their cultural and religious heritage?
   a) therapeutic genealogy
   b) affective constellations
   c) oral histories
   d) spiritual genograms

35) Which model for client record keeping is derived from the medical field?
   a) SUDS
   b) MEDS
   c) MEPS
   d) SOAP

**Question from chapter 8**

36) Shulman (1993) refers to the need to simultaneously support and challenge supervisees as
   a) lighting a fire
   b) pushing the envelope
   c) the boot camp model
   d) the demand for work

37) Powell (1993) states that one of the best suggestions for corrective feedback is
   a) sandwiching
   b) layer caking
   c) marbling
   d) frosting

38) The statement “Let’s get back to supervision and your clients” is an example of which coaching technique?
   a) encouraging
   b) holding the focus
   c) contracting
   d) challenging

39) At which stage of the transtheoretical model may the person begin to be aware they have a problem, but still have no solid commitment to take any action to change?
   a) contemplation
   b) precontemplation
   c) preparation
   d) maintenance

40) Which skill for addressing relationship difficulties would supervisors be using if they shared here and now responses to what was happening in a supervision session?
   a) creating an “I” focus
   b) process comments
   c) exploring meaning
   d) summarizing
**Question from chapter 9**

41) According to Staton & Gilligan (2003) what concept refers to a mutual coordinated effort of 2 or more people to solve problems and be more effective in service to clients?
   a) collaboration  
   b) synergy  
   c) abetment  
   d) concomitance

42) Which step to build successful teamwork includes managing conflict?
   a) share your vision  
   b) communicate expectations  
   c) ask for discipline and pride  
   d) demonstrate respect for differences

43) Which term is used to describe the physical and emotional exhaustion of an individual produced by prolonged job stress and a reduced sense of accomplishment on the job?
   a) vocational fatigue  
   b) burnout  
   c) consumption  
   d) hitting the wall

44) Which is NOT a suggestion for counselors to develop stamina?
   a) selectivity  
   b) temporal sensitivity  
   c) negotiation  
   d) diet and exercise