

Mindful Continuing Education

Clinical Supervision Methods and Models

1. Goals of clinical supervision include all but

- A. protect the welfare of the client
 - B. act as a gatekeeper for the profession
 - C. promote the supervisees growth
 - D. assessing organizational structure
-

2. This method of supervision occurs while the session is ongoing.

- A. Ex-post facto
 - B. Concurrent
 - C. Reflection
 - D. Process Notes
-

3. This method of supervision that occurs after the therapy session has terminated.

- A. Ex-post facto
 - B. Concurrent
 - C. Reflection
 - D. Process Notes
-

4. This is the most common method of supervision.

- A. Ex-post facto
 - B. Concurrent
 - C. Self-report
 - D. Live
-

5. This method of supervision relies on the supervisee's self-report and is therefore has limitations and is susceptible to bias.

- A. Case Consultation
 - B. Cotherapy
 - C. Live Observation
 - D. Video Recording
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6. In this method of supervision the supervisee plays the role of supervisor and the supervisor that of the supervisee.

- A. Role-play
 - B. Role-reversal
 - C. Modeling
 - D. Coaching
-

7. Which if the following is part of the client's official medical record?

- A. Process Notes
 - B. Video Recordings
 - C. Progress Notes
 - D. Reflection Notes
-

8. Drawing, Sandtray, and the use of stories are all examples of this type of supervision method.

- A. Interpersonal Process Recall
 - B. Written information
 - C. Triadic
 - D. Nonlinear
-

9. Advantages of group supervision include all except

- A. saves time and money
 - B. opportunities for team building
 - C. encourages peer feedback
 - D. supervisees may not have their needs met
-

10. When providing telesupervision, it is the _____ 's responsibility to comply with all state licensing boards, jurisdictions, and codes of ethics.

- A. Supervisee
 - B. Supervisor
 - C. Client
 - D. Agency/Organization
-

11. Recommendations for supervisors providing telesupervision include all but

- A. review the code of ethics
 - B. have a backup plan in case of technology failure
 - C. plan for a weak supervisory relationship
 - D. be competent in the use of technology
-

12. In this model of supervision, the goal is to help supervisee progress to the next level by accurately identifying their current level and intervening appropriately

- A. Psychotherapy-based model
 - B. Integrative model
 - C. Developmental Model
 - D. Competence-based model
-

13. In this model of supervision, that which is useful in bringing about change with clients is likely to be useful in bringing about change with supervisees

- A. Psychotherapy-based model
 - B. Integrative model
 - C. Developmental Model
 - D. Competence-based model
-

14. The most important responsibility of a clinical supervisor is to

- A. empower the supervisees decision making
 - B. monitor the supervisees development
 - C. protect the welfare of the client
 - D. promote the supervisees growth
-

15. In level one of the integrated developmental model, the supervisee

- A. mood is impacted based on their success or failure with the client.
 - B. lacks confidence and skills.
 - C. is capable of functioning independently.
 - D. takes responsibility for their decisions.
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16. This model addresses a person's development from novice helper through expert practitioner.

- A. Integrated Developmental
 - B. Integrative Developmental
 - C. Discrimination Developmental
 - D. Lifespan Developmental
-

17. These categories of supervision models are based on specific therapeutic approaches.

- A. Psychotherapy-based Supervision
 - B. Psychodynamic Supervision
 - C. Developmental Supervision
 - D. Integrative Supervision
-

18. This model of supervision is structured, focused, and has a set agenda.

- A. Systems Approach to Supervision
 - B. Reflective Supervision
 - C. Cognitive-behavioral Supervision
 - D. Evidence-based Supervision
-

19. In this model, the supervisor uses questioning techniques to help the supervisee find the answer to their problems.

- A. Systems Approach to Supervision
 - B. Solution-focused Supervision
 - C. Person-centered Supervision
 - D. Social Role Model Supervision
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20. The _____ model is situation-specific, meaning that the supervisor's role and focus change not only across sessions but within sessions.

- A. Systems Approach to Supervision
 - B. Systemic
 - C. Critical Events
 - D. Discrimination
-

21. Using task analysis to review how a supervisee handled a situation and could do things differently in the future is a key aspect of:

- A. Systems Approach to Supervision
 - B. Feminist Approach to Supervision
 - C. Critical Events Model of Supervision
 - D. Discrimination Model of Supervision
-

22. Power inequities, gender issues, and diversity issues are themes of which model of supervision?

- A. Reflective Supervision
 - B. Feminist Approach to Supervision
 - C. Critical Events Model
 - D. Discrimination Model
-

23. One disadvantage of this category of supervision models is the flexibility of the approach may cause confusion, anxiety, and frustration with supervisees.

- A. Psychotherapy-based models
- B. Integrative models
- C. Developmental models

D. Evidence-based models

24. This supervision model does not believe that just because a person has been a supervisee in the past and now has clinical experience, they can be a quality supervisor.

- A. Person-centered supervision
 - B. Discrimination supervision
 - C. Reflective supervision
 - D. Competency-based supervision
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25. This model of supervision was created in response to research showing clinical supervisors lacked formal training and were providing incompetent supervision.

- A. Discrimination
 - B. Competency-based
 - C. Evidence-based
 - D. Psychotherapy-based
-

26. This evaluation tool addresses a supervisor's competency level to the model of supervision.

- A. SAGE
 - B. RMTS
 - C. CBT
 - D. Supervision Competencies Framework
-

27. Steps towards developing your own model of supervision include

- A. selecting a theory that comes closest to your beliefs
 - B. asking your supervisee what they need
 - C. asking your supervisor what you should adopt
 - D. following what agency dictates
-

28. This is a structured model of supervision for triadic supervision.

- A. SAGE
 - B. RMST
 - C. CBT
 - D. Nonlinear
-

29. Research shows supervision can be a protective factor against

- A. procrastination
- B. liability lawsuits
- C. HIPAA violations

D. burnout

30. Supervisors must be knowledgeable regarding their and their supervisee's professional code of ethics and

- A. jurisdiction guidelines in which they and their supervisee are practicing.
 - B. their supervisee's personal schedules.
 - C. best practices for accepting gifts.
 - D. best practices for completing case notes synchronously.
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