

Theories and Models of Consultation and Supervision Psy 610-Winter 2019

Instructor: Maureen Zalewski, Ph.D.
Office: 215 Straub; Office Hours: By appt
Class Time: Tuesday, 930-1120 (Weeks 2, 4, 6, 8, 10)

Course Overview:

Students will learn about major theories, models, modes of delivery, and ethical considerations of clinical consultation and supervision. Through didactics, reflective writings, review of original empirical research, and through providing supervision to a peer, students will learn about and practice consultant and supervisor-in-training roles. The goal of this course is for students to work towards competence in order to eventually consult or supervise effectively as licensed psychologists. In addition, students will learn how to research original studies geared toward the advancement of supervision and consultation.

*The course is optimal for students who have completed at least one year of clinical practicum.

Class Readings:

- Bernard, J. M. & Goodyear, R. K. (2019). *Fundamentals of clinical supervision* (6th ed.). Boston: Allyn & Bacon.
- APA ethics code
- Readings are subject to change; you will be notified in advance of changes

Evaluation: This is a pass/no pass course. Unsatisfactory performance on any of the evaluation components could result in a 'no pass' designation. Students will be evaluated on the following class components/assignments:

1) 15%. **Empirical Report.** In groups of 2-3 (need to be 4 groups total), students will select a recent (2015-present) article from the *Clinical Supervisor* or *Training and Education in Professional Psychology* in which empirical research was reported. The article should correspond with the topic of that week's class. Students will present a 15-20 minute powerpoint to the class covering:

- Introduction of the topic and why you choose the specific article (~5 min),
- Methods and results (~5-10 minutes),
- Discussion of implications,
- If applicable, one realistic recommendation for how our program could implement a change that would align with the article results,
- Then, the class will discuss the article for 5-10 more minutes.

2) 45%. **Response papers. (15% each)** Starting in the second class, I will provide various paper prompts based on the readings. The responses are to be approximately 500 words in length. The prompt will be due by Friday at 10pm the evening before the following class. Email me the paper.

3) 40%. **Supervision practice.** Students will gain experience supervising as part of their advanced practicum. Students in the advanced DBT prac will watch and provide supervision to another DBT group leader/co-leader. Students in the Couple prac will provide supervision on another student's individual case. The groups will be established in class two. You will be responsible for filling out a pre-supervision plan, conducting the supervision (either with me and/or Crystal present), and completing a post-supervision form. *Remember that the licensed supervisor retains final supervisory input regarding case.

Date and Week	Topic	Reading	Assignments
1. 1/15	Supervision Introduction; Class Overview	Chapter 1- Introduction to Clinical Supervision	Reflection on chapter 1 due
2. 1/29	Models of Supervision: Psychotherapy based, developmental, and process models Supervisor relationships: triadic and dyadic systems; working alliance	<u>Chapters 2-4</u> a) Start of chapter though part of page 21 b) CB Supervision page 25 c) The integrated developmental model page 33-36 d) Start of chapter 3 through end of page 49 e) Start of chapter through 77 f) Impacts of supervisory alliance (page 89) through end of chapter g) Toolbox Resource 6 h) Toolbox Resource 7 i) Toolbox Resource 13 j) Toolbox Resource 14	Prompt 1; Form Supervision Pairs
3. 2/12	Multicultural supervision Delivery of Clinical Supervision: Organizing the Supervision Experience; Individual, group, and live supervision	<u>Chapters 6-9</u>	Review Tape and prepare for supervision; submit supervision plan to Maureen
4. 2/26	Ethics of Supervision	Chapters 10 & 11	Complete supervision with peer student
5. 3/12	Consultation	TBD	Submit post supervision form to MZ