

# Mindful Continuing Education

## Guidelines for Clinical Supervision

**1. Roles of a clinical supervisor include all except**

- A. teacher
  - B. coach
  - C. prescriber
  - D. mentor
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**2. Administrative supervision includes**

- A. management of productivity and compliance
  - B. supporting learning objectives
  - C. developing supervisees understanding of ethical standards
  - D. focus on supervisees morale
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**3. 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
- 

**4. 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
- 

**5. 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
-

**6. In this model of supervision, the focus is on the skills and needs of the supervisee; once identified, mutual SMART goals are implemented.**

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

**7. Which of the following is helpful when establishing the supervisory relationship**

- A. Telling the supervisee how supervision will work
  - B. Collaborating on goals and guidelines
  - C. Following the supervisee on social media
  - D. Establishing the supervisees personal growth goals
- 

**8. These items should be included in a supervisory contract except**

- A. Goals of Supervision
  - B. Evaluation procedure
  - C. Methods of supervision
  - D. Days off for holidays
- 

**9. Giving your supervisee your personal cell phone number could be seen as**

- A. Boundary Crossing
  - B. Boundary Violation
  - C. Multiple Relationship
  - D. Integrative Supervision
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**10. While each professional associations all have slightly different guidelines for clinical supervision, the one they all agree on is:**

- A. sexual relationships with supervisees is prohibited
  - B. dual relationships are always boundary violations
  - C. supervisors are responsible for every decision supervisee makes
  - D. supervision should be scheduled once a week
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**11. Clinical supervisors ensure behavioral health professionals are**

- A. licensed in their state
  - B. operating within the standards of practice
  - C. recognizing the signs of burnout
  - D. completing educational programing
-

**12. 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
- 

**13. Monitoring and evaluating the supervisee's competence to become licensed in their field of study is**

- A. gatekeeping
  - B. promotion
  - C. recommendation
  - D. empowerment
- 

**14. Supervisors model \_\_\_\_\_ in cooperative, collaborative, and respectful interaction with team members.**

- A. competence
  - B. therapeutic relationships
  - C. feedback
  - D. professionalism
- 

**15. Effective feedback includes all except**

- A. is timely
  - B. is linked to specific competencies
  - C. is linked to observed behaviors
  - D. is reported by colleagues
- 

**16. Supervision must be**

- A. in person
  - B. documented
  - C. diverse
  - D. structured
- 

**17. Supervisory contracts should include**

- A. mutually agreed upon goals
  - B. community needs
  - C. agency needs
  - D. state regulations
-

**18. Ethical decision making involves**

- A. understanding the pros and cons of self-disclosure
  - B. understanding the risks and benefits of technology
  - C. identifying problems, values, and regulations
  - D. exploring multicultural theories
- 

**19. At times supervisors may need to recommend**

- A. breaking up with partners
  - B. vacations
  - C. going out for a beer
  - D. dismissal from programs or termination of employment
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**20. In level one of the integrative developmental model, supervisors often:**

- A. tend to view supervision as complex and multidimensional and exhibit confusion and conflict
  - B. experience anxiety about the supervisory role and may be overly focused on following procedures correctly
  - C. become very concerned about the supervisee's deficits and perceived resistance
  - D. have the skills to provide honest feedback of their supervisees' strengths and weaknesses
- 

**21. 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
- 

**22. One way to provide constructive feedback is**

- A. making a list of criticisms
  - B. yelling at supervisee
  - C. the sandwich method
  - D. the potluck method
- 

**23. Supervisors are responsible for addressing cultural considerations because**

- A. it's important
  - B. supervisees may be reluctant to do so
  - C. the United States is a diverse country
  - D. the agency lacks cultural competence
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**24. Broaching is a method used to**

- A. bring up errors in documentation
  - B. address gaps in clinical knowledge
  - C. recommend a counseling referral for a supervisee
  - D. acknowledge cultural differences
- 

**25. Bartering and accepting gifts from a supervisee is**

- A. illegal
  - B. unethical
  - C. negligent
  - D. malpractice
- 

**26. Vicarious liability is**

- A. assigning a supervisee a duty they are not competent in
  - B. when a supervisor violates an administration regulation
  - C. the supervisor is held responsible for the actions of their supervisee even if there is no direct negligence on the supervisors part
  - D. failure to provide an established standard of care
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**27. The supervision contract serves**

- A. as the foundation of the supervisory relationship
  - B. as a protection against burnout
  - C. as a protection against liability lawsuits
  - D. as an ethical standards documentation
- 

**28. The state of mental and physical exhaustion caused by one's professional life is**

- A. depression
  - B. burnout
  - C. post traumatic stress disorder
  - D. acute stress disorder
- 

**29. One way to combat burnout is**

- A. changing jobs
  - B. complaining to coworkers
  - C. procrastinating on case notes
  - D. promoting self-care practices
-

**30. Supervisors are expected to be knowledgeable of their association's code of ethics and**

- A. their state regulations
  - B. their supervisees course schedule
  - C. integrative development model of supervision
  - D. best practices for accepting gifts
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