

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. Sharing personal information such as your personal cell phone number with your supervisee could be seen as

- A. Boundary Crossing
 - B. Boundary Violation
 - C. Multiple Relationship
 - D. Integrative Supervision
-

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
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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
-

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
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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
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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
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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
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29. One way to combat burnout is

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