

Those seeking clinical supervision.



Carefully choosing your supervisor is an important first step toward earning your clinical hours for several reasons: First, you will be working closely with this individual for many months, and possibly years. Second, your supervisor will guide you and mentor you through difficult and often uneasy situations. And finally, during this time you will learn how to conduct yourself as a professional, including how to determine ethical boundaries and best practices. Therefore, you want a supervisor who can confidently offer guidance in these important areas. Below are helpful questions to ask when choosing your supervisor.

5 Questions to Ask Yourself

1. What qualifications am I seeking in a supervisor? This includes the type of license, years of experience, and areas of expertise.
2. How much contact do I want/need with my supervisor? If you are brand new to the clinical work you will be doing, or if you won't be working closely with other clinicians, you may want a supervisor who is accessible for consultations during times outside of your regular supervision meeting.
3. What type of individuals do I learn the best from and feel comfortable with? What are the characteristics of these individuals?
4. What are the logistical requirements of a supervisor, or site, that am I looking for? These include important details, such as location, clinical setting, available supervision times, supervision fees, etc.
5. What are my professional goals, such as the population and setting I would like to work with, writing and research aspirations, desired areas of specialization, and desired clinical setting (i.e., private practice, hospital, and school)?

5 Questions to Ask Potential Supervisors

1. What population do you treat, and what are your areas of specialization in therapy?
2. What days and times are you available for regular meetings, and are you available for consultations outside of our scheduled supervision meeting, such as when I have a question or emergency?
3. How do you address concerns or needs for improvement in a supervisee?
4. What theoretical model or approach do you apply in supervision?
5. What characteristics are you seeking in a supervisee?