

Purdue University Northwest

Supervision of Internship/Externship Trainees

Clinical supervision is the construction of individualized learning plans for supervisees working with clients. The systematic manner in which supervision is applied is for the purpose of identifying knowledge, skills and professional practice models as is fundamental to ethical practice.

Supervision routines and practices are utilized to provide systematic training for the purpose of professional development, identity and best practices within the profession of Counseling and Counseling Psychology. The Counseling Center at Purdue University Northwest utilizes the developmental model of clinical supervision.

DEVELOPMENTAL MODEL

The Purdue University Northwest utilizes a developmental model of supervision based in the acknowledgment that we each are continuously growing as professionals. The objective is to maximize and identify growth needed for the future throughout the professional Clinical Supervision relationship between Clinical Supervisor and therapy extern (supervisee). Thus it is typical and expected that supervision will continuously identify new areas of growth in a life-long learning process.

A Developmental model takes into account the professional identity and professional experience of counselor intern/externs. Our developmental model approach recognizes three levels of supervisees: beginning, intermediate, and advanced. Beginning supervision may rely on directive approaches to acclimate supervisees to professional experience within the PNW Counseling Center. As supervisees increase in professional competence, self-assurance, and self-reliance, supervision adjusts by the supervisees' level of expertise.

Beginning supervisees will work closely with the supervisor to diagnose all clients and establish plans for therapy. As professional confidence occurs, intermediate supervisees shift focus and begin to depend on supervisors as a resource for understanding difficult clients. Advanced supervisees begin to function more independently; seek consultation from supervisors and professional colleagues when appropriate and gradually take responsibility for their correct and incorrect decisions. Advanced supervisees at all levels require weekly supervision by licensed clinical mental health professionals.

There are eight content growth areas of Clinical Supervision which include: intervention, skills competence, assessment techniques, interpersonal assessment, client conceptualization, individual differences, theoretical orientation, treatment goals and plans, and professional ethics. Clinical Supervision is targeted to assist supervisees identify their areas of strength as well as growth areas with the objective of developing professional best practices and commitment to professional life-long learning.

THERAPY EXTERN EXPERIENCE:

- Develop, implement, and critically evaluate the efficacy of counseling services, treatment plans, programs, and related activities in the settings in which they plan to work.
- Seek appropriate consultation with colleagues, other professionals, and lay persons as well as establish effective relationships with individuals and agencies that also provide services to assist clients.
- Understand basic principles of human growth and development and recognize the influence of social and cultural factors on the behavior and development of individuals, families, and communities.
- Appreciate the role, function and professional identity of counselors, understand professional issues unique to mental health counseling, and promote the growth and development of the field of professional counseling.
- Counsel individuals, couples, and groups using appropriate techniques, materials, and resources that assist clients in resolving the following; socio-emotional, personal, vocational concerns and/or coping with problems of living. Activities include the following bulleted skills/tasks.
- Administer, score, and interpret a limited number of psychological tests assessing cognitive and personality functioning.

PROFESSIONAL ACTIVITIES:

- ***Personal Counseling***

Personal Counseling addresses personal concerns that may interfere with productive emotional functioning and academic success. Such concerns may include: adjustment to college, relationship problems, stress, test anxiety, family problems, sexual

orientation/coming out, body image concerns, depression, anxiety, self-confidence, self-esteem, and sexual abuse.

- ***Psychological Assessment***

In addition to providing psychotherapy, the PNW Counseling Center provides opportunities for interns interested in psychological testing. The Counseling Center psychologists and counselors utilize the following instruments to assess clients' cognitive, emotional and personality functioning, as well as career-related constructs:

Cognitive: WAIS-IV, WJ-III, WRAT 3, CARRS, STROOP, Trail-Making A & B,

Emotional/Personality: BDI-II, BAI, BHS, BSS, MMPI-RF, PAI, DAPP,

Career: MBTI, SII, SDS

Interested interns will receive supervision and training in administering, scoring, and interpreting the aforementioned tests. To qualify for this experience, prospective interns must have completed graduate-level course work in personality and/or cognitive assessment.

- ***Workshops and Seminars***

Throughout the year, the Counseling Center provides various workshops and seminars including: Eating Disorder Awareness Week, Alcohol Awareness Week, Stress Free Week, Relationship I.Q., Anger Management, Shyness and Social Anxiety, Habits and Bothersome Behaviors, and Substance Use/Abuse. Counselors also participate in National Screening Dates including topics on: Depression Screening, Alcohol Awareness and Eating Disorders.

- ***Information on Mental Health Issues***

The Counseling Center provides brochures and information on issues including: depression, anxiety, time management, procrastination, substance use, relationships, assertiveness, self-confidence, eating disorders, loneliness, and test anxiety.

- ***Faculty/Staff consultation***

Counseling Center staff members are available to provide consultation to faculty and staff members when they have concerns about how to best deal with an emotionally distressed and/or distressing students. An informative brochure titled “Helping Emotionally-Distressed students: A Guide for Faculty & Staff” has been developed by the Counseling Center and copies are easily available for your reference and use. Additional resources are available in the “Helping Students find their way” booklet. Counselors are available for class presentations on a variety of topics including: stress management, test anxiety, and time management.

STRUCTURE:

Supervisees will receive clinical supervision from Licensed Clinical Psychologists (IN & IL licensure) in collaboration with National Certified Counselor with NBCC National Board for Certified Counselors, and/or LMHC; Licensed Mental Health Counselors (IN).

Weekly supervision consists of one (1) hour face to face supervision.

Weekly group supervision consists of one (1) hour of group supervision; generally consisting of supervisee and professional staff members.

SKILLS AND PROFESSIONAL DEVELOPMENT:

Supervisees will have the opportunity to engage in a variety of professional activities in addition to direct service. Examples include: record keeping, supervision, information and referral, in-service and staff meetings.

Supervisees will be able to articulate an informed comprehension of a variety of theoretical perspectives on human behavior, as well as their personal rationale for and approach to counseling.

Supervisees will develop effective written communication that demonstrates high levels of clarity, comprehension, synthesis and critical thinking and analysis.

Supervisees will prepare audio tapes and transcripts as necessary of client sessions for use in supervision or other venues for supervisor to assess supervisee's level of skill.

Supervisees will use a variety of professional resources including: assessment instruments, print and non-print media, professional literature, research, and a formal evaluation of the student's performance during the practicum/internship/externship.

Supervisees will comprehend and adhere to the ethical principles and professional values of the counseling profession. Supervisees will gain understanding of the ethical dimensions of counseling and/or psychology. Supervisees will develop the ability to make ethical decisions based on ethically sound principles.

Supervisees will develop attitudes and skills related to lifelong learning, including the ability to critically self-assess and analyze personal and professional strengths and weaknesses.

Supervisees will continually assess and improve their analytical abilities. Through the process of self-awareness, knowledge, and skill development related to issues of diversity and multiculturalism, supervisees will be able to more effectively serve a broad spectrum of individuals, families and communities.

Supervisees will demonstrate and develop effective oral communication skills, including listening to diverse perspectives and presenting ideas, policies, and research.