

## Providing Solution-Focused Supervision in a Developmental Framework

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### Continuing Education Questions for Site Supervisors of Counseling Students

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**Directions:** Watch the “Providing Solution-Focused Supervision in a Developmental Framework” video and answer the questions below. Save and e-mail your answers to Robin Lee ([Robin.Lee@mtsu.edu](mailto:Robin.Lee@mtsu.edu)) – director of the MTSU Center for Counseling & Psychological Services.

1. Which of the following is NOT one of the characteristics of lousy supervisors as discussed in the presentation?
  - a. Failing to provide a safe supervision environment.
  - b. Failing to use the supervisee’s first name during supervision sessions.

- c. Failing to clarify expectations.
- d. Providing vague and/or abstract feedback.

**Correct answer:** \_\_\_\_\_

2. The developmental model of supervision describes counselor growth as a series of sequential stages and each one of those stages requires a different supervisory approach.
- a. True
  - b. False

**Correct answer:** \_\_\_\_\_

3. Which of the following statements would most likely be made by a beginning-level supervisee?
- a. "From what I can tell, the client's tendency is to change the subject when I start asking questions that hit on his core issues."
  - b. "I'm aware that I tend not to ask questions that will create discomfort for me or the client in the counseling session."
  - c. "I just can't seem to figure out what to say to the client at times."
  - d. "Based on my conceptualization of the client, I'm figuring that she's projecting her feelings toward her mother on to me and trying to get me to re-enact those relational dynamics with her."

**Correct answer:** \_\_\_\_\_

4. What is the purpose of Interpersonal Process Recall (IPR)?
- a. To help supervisees increase their self-awareness
  - b. To help supervisees increase their awareness of the counseling process
  - c. To help supervisees determine or control what is discussed in supervision sessions
  - d. All of the above
  - e. a & b only

**Correct answer:** \_\_\_\_\_

5. What are some questions you could ask a supervisee as part of the IPR approach to supervision?
- a. "What was running through your mind when your client made that comment?"
  - b. "If you had another chance, would you have said something different at that point?"
  - c. "As you listen to (watch) the counseling session, how do you think the client felt as she discussed her experiences with her mother?"
  - d. All of the above
  - e. a & b only

**Correct answer:** \_\_\_\_\_

6. When supervisors ask beginning-level supervisees to do something new and that "new thing" threatens their confidence, they'll usually respond in one or two ways. Which of the following is NOT a typical response in this situation?
- a. Doing things that are familiar
  - b. Asking the supervisor, "What would you do?"
  - c. Engaging in self-analysis to determine why they are feeling uncomfortable

**Correct answer:** \_\_\_\_\_

7. Sara, a licensed professional counselor, is supervising a master's-level counseling student, James. James had already developed a solid set of basic counseling skills based on his work with clients last semester. He is developing greater self-confidence and has even disagreed with Sara's take on his clients (in a respectful way) on a couple of occasions. Which of the following roles and/or approaches should Sara employ in her supervision sessions with James?
- a. A teacher-like role
  - b. Giving James the opportunity to determine what he would like to discuss in supervision
  - c. Assisting James in developing thorough and accurate conceptualizations of his clients (i.e., case conceptualization)
  - d. All of the above
  - e. b & c only

**Correct answer:** \_\_\_\_\_

8. Sara is utilizing a solution-focused approach when she supervises master's-level counseling students. What would she likely discuss with a supervisee in their initial supervision session?
- a. The supervisee's strengths
  - b. Time-specific goals
  - c. Scaling questions
  - d. All of the above
  - e. a & b only

**Correct answer:** \_\_\_\_\_

9. Angela is a timid supervisee who is counseling her first client, who is an out-spoken and critical type of person. Angela is afraid to say anything that will upset her client or cause the client to question her competency. Angela's supervisor, Carlos, asks her a series of questions: "Has there ever been a time when you've encountered someone like your client and felt like you couldn't say anything, but eventually did say something? What was different about that experience? Why do you think you were able to say something in that situation? Do you think there's anything you can take from that experience to help you in your sessions with your client?" Carlos is attempting to help Angela identify \_\_\_\_\_ her problem.
- a. an exception to
  - b. the cause of
  - c. an explanation for
  - d. both b & c

**Correct answer:** \_\_\_\_\_

10. Carlos asks Angela to rate herself on a scale from 1 to 10 in terms of her current level of self-confidence as a counselor and then asks her where she would like to be on the scale at the end of the semester. Carlos is using \_\_\_\_\_ to assist Angela in achieving her goal of greater self-confidence.
- a. the personal norm setting technique
  - b. the personal norm establishment technique
  - c. scaling questions
  - d. pre-post goal setting

**Correct answer:** \_\_\_\_\_