



Clinical Supervision Activities for Increasing Competence and Self-Awareness

From Wiley



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Cultivate self-awareness, empathy, and clinical competence in the mental health professionals you supervise

Providing tested guidance for clinical supervisors of mental health professionals, editors Roy A. Bean, Sean D. Davis, and Maureen P. Davey draw from their own backgrounds in training, private practice, and academe, as well as from an international panel of experts representing various mental health fields to provide activities and best practices that allow therapists to better serve an increasingly diverse set of clients and issues.

While clinical skills are easily observed, the more subtle areas of self-awareness, or exploring unexamined judgments are more difficult to spot and to provide supervision and guidance for. The numerous experiential activities included will help supervisors and the mental health professional they supervise develop their skills and techniques around:

- Intuition
- Empathy
- Self-awareness
- Mindfulness
- Multicultural awareness
- Perspective taking

The book covers both clinical as well as diversity-focused competence and awareness, and suggests various forms of activities, including research exercises, reflection, journaling, and more. Each activity includes measurement metrics as well as additional resources that help clinicians identify the best activity for a given situation. Appropriate for clinicians at every level and from a multitude of backgrounds, these tried and tested best practices can be used in clinical supervision, as a class assignment, or to facilitate professional growth.

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Editorial Review

From the Back Cover

Praise for *Clinical Supervision Activities for Increasing Competence and Self-Awareness*

“This is a great book that provides clinicians with wonderful experiential activities crafted to help them develop greater self-awareness and clinical competence. Many of the chapters are outstanding and contain excellent clinical examples that are well written. I highly recommend this book to students, instructors, and clinicians who wish to sharpen their professional skills.”

— **Frank M. Dattilio**, PhD, ABPP, Harvard Medical School, Boston, MA

“Bean, Davis, and Davey have created a unique resource for clinicians and clinicians in training that targets essential professional and personal skills and is filled with challenging and thought-provoking specific exercises guaranteed to enhance the quality of practice. This book should be an essential part of every curriculum for the training of psychotherapists.”

— **Jay Lebow**, PhD, LMFT, ABPP, The Family Institute at Northwestern University, Evanston, IL

“This pioneering volume offers copious examples of how to teach and develop the seemingly intangible, yet empirically grounded, aspects of therapy like self and client awareness, empathy, and cultural competence. The volume is a treasure trove for teachers, supervisors, and students.”

— **Doug Sprenkle**, PhD, Professor of Marriage and Family Therapy/Human Development and Family Studies, Emeritus, Purdue University, College of Health and Human Sciences, Indiana

Proven techniques for self-reflective clinical practice

Clinical Supervision Activities for Increasing Competence and Self-Awareness contains over 40 of the most well-tested and effective self-awareness training activities. The editors drew on expertise from a range of mental health professions, including family therapy, social work, nursing, and more. The result is a collection of strategies for training clinicians to be more intra-personally, interpersonally, and interculturally competent. These activities are designed for professionals and students engaged in training, supervising, and self-guided professional development. You’ll learn how to teach core skills and diversity-related awareness, from developing empathy to examining negative self-beliefs to dealing with substance abuse.

Each activity includes a research-based rationale, clear instructions, examples, and methods for measuring progress. Created by expert mental health researchers and clinician educators, these activities are proven to help supervisors work with diverse learner populations and to help those learners develop the attributes and skills that lead to positive outcomes.

About the Author

Roy A. Bean, PhD, LMFT, is an Associate Professor and Program Director in the Marriage and Family Therapy Program at Brigham Young University. He also maintains a private practice where he sees children and families.

Sean D. Davis, PhD, LFMT, is an Associate Professor and Site Director for the Marriage and Family

Therapy Program at Alliant International University. He is on the editorial board for the *Journal of Marital and Family Therapy* and maintains a private practice in marriage and family therapy.

Maureen P. Davey, PhD, LMFT, is an Associate Professor in the Department of Couple and Family Therapy at Drexel University and also maintains a private practice where she sees individuals, couples, and families.

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Anthony Muller:

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