

Appendix H: Supervisee Perception of Supervision Form

Student Name:

Date:

Internship Site Name:

Site Supervisor Name:

(Adapted from Russell-Chapin, Sherman, & Ivey, 2016 and Olk & Friedlander, 1982)

Directions: The following statements describe some problems that therapists in training may experience during the course of clinical supervision. Please read each statement and then rate the extent to which you have experienced difficulty in supervision in your most recent clinical training from 1 (*not at all*) to 5 (*very much so*).

Regarding each statement below consider whether, “I have experienced difficulty in my current or most recent supervision because:”

	Statement	1	2	3	4	5
1.	I was not certain about what material to present to my supervisor.					
2.	I have felt that my supervisor was incompetent or less competent than I.					
3.	I have wanted to challenge the appropriateness of my supervisor's recommendations for using a technique with one of my clients but I have thought it better to keep my opinions to myself.					
4.	I was not sure how to best use supervision as I become more experienced, although I was aware that I was undecided about whether to confront my supervisor.					
5.	I have believed that my supervisor's behavior in one or more situations was unethical or illegal and I was undecided about whether to confront the supervisor.					
6.	My orientation to therapy was different from that of my supervisor. The supervisor wanted me to work with clients using the supervisor's framework, and I felt that I should be allowed to use my own approach.					
7.	I have wanted to intervene with one of my clients in a particular way and my supervisor has wanted me approach the client in a very different way. I am expected both to judge what is appropriate for myself and also do what I am told.					

8.	My supervisor expected me to come prepared for supervision, but I had no idea what or how to prepare.				
9.	I was not sure how autonomous I should be in my work with clients.				
10.	My supervisor told me to do something I perceived to be illegal or unethical and I was expected to comply.				
11.	My supervisor's criteria for evaluating my work were not specific.				
12.	I was not sure that I had done what the supervisor expected me to do in a session with a client.				
13.	The criteria for evaluating my performance in supervision were not clear.				
14.	I got mixed signals from my supervisor and I was unsure of which signals to attend to.				
15.	When using a new technique, I was unclear about the specific steps involved. As a result I was not sure how my supervisor would evaluate my work.				
16.	I disagreed with my supervisor about how to introduce a specific issue to a client, but I also wanted to do what the supervisor recommended.				
17.	Part of me wanted to rely on my own instincts with clients, but I always knew that my supervisor would have the last word.				
18.	The feedback I got from my supervisor did not help me to know what was expected of me in my day-to-day work with clients.				
19.	I was not comfortable using a technique recommended by my supervisor; however, I felt that I should do what my supervisor recommended.				
20.	Everything was new and I was not sure what would be expected of me.				
21.	I was not sure if I should discuss my professional weaknesses in supervision because I was not sure how I would be evaluated.				
22.	I disagreed with my supervisor about implementing a specific technique, but I also wanted to do what the supervisor thought best.				
23.	My supervisor gave me no feedback and I felt lost.				
24.	My supervisor told me what to do with a client, but did not give me very specific ideas about how to do it.				
25.	My supervisor wanted me to pursue an assessment technique that I considered inappropriate for a particular client.				
26.	There were no clear guidelines for my behavior in supervision.				
27.	The supervisor gave no constructive or negative feedback and as a result I did not know how to address my weaknesses.				
28.	I did not know how my supervisor would evaluate me.				
29.	I was unsure of what to expect from my supervisor.				

Scoring Key:

Role Ambiguity Items: 1, 4, 8, 9, 11, 12, 13, 18, 20, 21, 23, 24, 26, 27, 28, 29

Role Conflict Items: 2, 3, 5, 6, 7, 10, 14, 15, 16, 17, 19, 22, 25

Meaning:

Look at the responses for each statement. High scores of 4s and 5s validate your feelings and beliefs concerning role ambiguity and role conflict. These concerns need to be shared in supervision.