

# Psych CE

## Clinical Supervision Methods and Models

**1. Goals of clinical supervision include all but**

- A. protect the welfare of the client
  - B. act as a gatekeeper for the profession
  - C. promote the supervisees growth
  - D. assessing organizational structure
- 

**2. This method of supervision occurs while the session is ongoing.**

- A. Ex-post facto
  - B. Concurrent
  - C. Reflection
  - D. Process Notes
- 

**3. This method of supervision that occurs after the therapy session has terminated.**

- A. Ex-post facto
  - B. Concurrent
  - C. Reflection
  - D. Process Notes
- 

**4. This is the most common method of supervision.**

- A. Ex-post facto
  - B. Concurrent
  - C. Self-report
  - D. Live
- 

**5. This method of supervision relies on the supervisee's self-report and is therefore has limitations and is susceptible to bias.**

- A. Case Consultation
  - B. Cotherapy
  - C. Live Observation
  - D. Video Recording
-

**6. In this method of supervision the supervisee plays the role of supervisor and the supervisor that of the supervisee.**

- A. Role-play
  - B. Role-reversal
  - C. Modeling
  - D. Coaching
- 

**7. Which if the following is part of the client's official medical record?**

- A. Process Notes
  - B. Video Recordings
  - C. Progress Notes
  - D. Reflection Notes
- 

**8. Drawing, Sandtray, and the use of stories are all examples of this type of supervision method.**

- A. Interpersonal Process Recall
  - B. Written information
  - C. Triadic
  - D. Nonlinear
- 

**9. Advantages of group supervision include all except**

- A. saves time and money
  - B. opportunities for team building
  - C. encourages peer feedback
  - D. supervisees may not have their needs met
- 

**10. When providing telesupervision, it is the \_\_\_\_\_ 's responsibility to comply with all state licensing boards, jurisdictions, and codes of ethics.**

- A. Supervisee
  - B. Supervisor
  - C. Client
  - D. Agency/Organization
- 

**11. Recommendations for supervisors providing telesupervision include all but**

- A. review the code of ethics
  - B. have a backup plan in case of technology failure
  - C. plan for a weak supervisory relationship
  - D. be competent in the use of technology
-

**12. In this model of supervision, the goal is to help supervisee progress to the next level by accurately identifying their current level and intervening appropriately**

- A. Psychotherapy-based model
  - B. Integrative model
  - C. Developmental Model
  - D. Competence-based model
- 

**13. In this model of supervision, that which is useful in bringing about change with clients is likely to be useful in bringing about change with supervisees**

- A. Psychotherapy-based model
  - B. Integrative model
  - C. Developmental Model
  - D. Competence-based model
- 

**14. The most important responsibility of a clinical supervisor is to**

- A. empower the supervisees decision making
  - B. monitor the supervisees development
  - C. protect the welfare of the client
  - D. promote the supervisees growth
- 

**15. In level one of the integrated developmental model, the supervisee**

- A. mood is impacted based on their success or failure with the client.
  - B. lacks confidence and skills.
  - C. is capable of functioning independently.
  - D. takes responsibility for their decisions.
- 

**16. This model addresses a person's development from novice helper through expert practitioner.**

- A. Integrated Developmental
  - B. Integrative Developmental
  - C. Discrimination Developmental
  - D. Lifespan Developmental
- 

**17. These categories of supervision models are based on specific therapeutic approaches.**

- A. Psychotherapy-based Supervision
  - B. Psychodynamic Supervision
  - C. Developmental Supervision
  - D. Integrative Supervision
-

**18. This model of supervision is structured, focused, and has a set agenda.**

- A. Systems Approach to Supervision
  - B. Reflective Supervision
  - C. Cognitive-behavioral Supervision
  - D. Evidence-based Supervision
- 

**19. In this model, the supervisor uses questioning techniques to help the supervisee find the answer to their problems.**

- A. Systems Approach to Supervision
  - B. Solution-focused Supervision
  - C. Person-centered Supervision
  - D. Social Role Model Supervision
- 

**20. The \_\_\_\_\_ model is situation-specific, meaning that the supervisor's role and focus change not only across sessions but within sessions.**

- A. Systems Approach to Supervision
  - B. Systemic
  - C. Critical Events
  - D. Discrimination
- 

**21. Using task analysis to review how a supervisee handled a situation and could do things differently in the future is a key aspect of:**

- A. Systems Approach to Supervision
  - B. Feminist Approach to Supervision
  - C. Critical Events Model of Supervision
  - D. Discrimination Model of Supervision
- 

**22. Power inequities, gender issues, and diversity issues are themes of which model of supervision?**

- A. Reflective Supervision
  - B. Feminist Approach to Supervision
  - C. Critical Events Model
  - D. Discrimination Model
- 

**23. One disadvantage of this category of supervision models is the flexibility of the approach may cause confusion, anxiety, and frustration with supervisees.**

- A. Psychotherapy-based models
- B. Integrative models
- C. Developmental models

D. Evidence-based models

---

**24. This supervision model does not believe that just because a person has been a supervisee in the past and now has clinical experience, they can be a quality supervisor.**

- A. Person-centered supervision
  - B. Discrimination supervision
  - C. Reflective supervision
  - D. Competency-based supervision
- 

**25. This model of supervision was created in response to research showing clinical supervisors lacked formal training and were providing incompetent supervision.**

- A. Discrimination
  - B. Competency-based
  - C. Evidence-based
  - D. Psychotherapy-based
- 

**26. This evaluation tool addresses a supervisor's competency level to the model of supervision.**

- A. SAGE
  - B. RMTS
  - C. CBT
  - D. Supervision Competencies Framework
- 

**27. Steps towards developing your own model of supervision include**

- A. selecting a theory that comes closest to your beliefs
  - B. asking your supervisee what they need
  - C. asking your supervisor what you should adopt
  - D. following what agency dictates
- 

**28. This is a structured model of supervision for triadic supervision.**

- A. SAGE
  - B. RMTS
  - C. CBT
  - D. Nonlinear
- 

**29. Research shows supervision can be a protective factor against**

- A. procrastination
- B. liability lawsuits
- C. HIPAA violations

D. burnout

---

**30. Supervisors must be knowledgeable regarding their and their supervisee's professional code of ethics and**

- A. jurisdiction guidelines in which they and their supervisee are practicing.
  - B. their supervisee's personal schedules.
  - C. best practices for accepting gifts.
  - D. best practices for completing case notes synchronously.
- 

Copyright © 2026 Psych CE

Visit us at <https://www.psychce.com>