

Cultivating the Supervisory Alliance: Strengths, Stressors, and Solutions

Program Description

The quality and effectiveness of the supervision experience largely depends on the supervisory alliance. The working relationship between the supervisor and supervisee plays a critical role in the growth and development of the clinician receiving supervision. This workshop will explore various factors that enhance as well as impede the cultivation of a supervisory alliance that effectively promotes supervisee growth. Supervisory solutions for addressing counterproductive situations as well capitalizing on existing strengths will be explored, including the role of personal development in the context of supervision.

Learning Objectives

By the end of the training, participants will be able to:

1. Identify key components of the supervisory alliance.
2. Articulate stressors impacting the supervisor-supervisee working relationship.
3. Develop strategies to overcome dynamics that are counterproductive to the supervisee's growth.
4. Explore aspects of the supervisory alliance that appropriately promote personal development in the context of clinical supervision.

Target Audience

This workshop is for clinicians already familiar with foundational skills related to clinical supervision of counselors, therapists, social workers, addiction specialists, psychologists, and other health and human service practitioners.

Contact Hours

2.0 contact hours

Program Agenda

3:30-4:00	Key components of the supervisory alliance [30 minutes]
4:00-4:30	Supervisory alliance stressors [30 minutes]
4:30-5:00	Strategies to address counterproductive situations [30 minutes]
5:00-5:30	Supervisory strategies to promote growth & personal development [30 minutes]

Faculty

M. Theresa Palmer, LCSW, LMFT, AAMFT Approved Supervisor

M. Theresa Palmer is a Licensed Clinical Social Worker, Licensed Marriage & Family Therapist, and an Approved Supervisor by the American Association for Marriage and Family Therapy. She is currently a Clinical Associate Professor and Coordinator for Education at the University of North Carolina at Chapel Hill's School of Social Work in the Winston-Salem Program. She

also provides clinical supervision to associate-licensed clinicians, consultation to fully licensed therapists, and supervision-of-supervision to individuals seeking to become Approved Supervisors with the American Association of Marriage and Family Therapy. In teaching as well as providing therapy and supervision, Theresa uses a systems-oriented, strengths-based perspective.