Module 7: Supervision

Based on material in Chapter 7 of TIP 41, *Substance Abuse Treatment: Group Therapy*
Module 7 Goal and Objectives

Goal: Provide an overview of the skills group therapy leaders need, the purpose and value of clinical supervision, and necessary training.

Objectives:

- Identify training opportunities.
- Appreciate the value of clinical supervision.
Common Errors

- Impatience with clients’ slow pace of dealing with changes
- Inability to drop the mask of professionalism
- Failure to recognize countertransference issues
- Not clarifying group rules
- Conducting individual therapy rather than using the entire group effectively
- Failure to integrate new members effectively into the group
Staff Development Needs

- Theories and techniques
  - Traditional psychodynamic methods, cognitive–behavioral modes, systems theory

- Observation
  - Sitting in on groups, studying tapes, watching groups

- Experiential learning
  - Participating in a training group, being a member of a personal therapy group, or joining in experiences

- Supervision
  - Ongoing training with groups under the supervision of an experienced leader
Training Opportunities

- American Group Psychotherapy Association (AGPA) [http://www.agpa.org](http://www.agpa.org)
- American Psychiatric Association [http://www.psych.org](http://www.psych.org)
- American Society of Addiction Medicine (ASAM) [http://www.asam.org](http://www.asam.org)
- Association for Specialists in Group Work (ASGW) [http://asgw.org](http://asgw.org)
Training Opportunities (cont.)

- Association for the Advancement of Social Work with Groups (AASWG) [http://www.aaswg.org](http://www.aaswg.org)
- NAADAC—National Association for Addiction Professionals [http://www.naadac.org](http://www.naadac.org)
- National Association of Black Social Workers (NABSW) [http://www.nabsw.org](http://www.nabsw.org)
- National Association of Social Workers (NASW) [http://socialworkers.org](http://socialworkers.org)
Federal Resources

- Order TIPs, TAPs, and mental health information from SAMHSA at 1-877-SAMHSA-7 (1-877-726-4727) or at http://www.store.samhsa.gov

- Download publications from CSAT’s Knowledge Application Program at http://www.kap.samhsa.gov

Supervision

- Essential skills include:
  - Substance abuse treatment.
  - Group training.
  - Cultural competence.
  - Diagnosis of co-occurring disorders.

- Supervisory alliance is required to teach skills needed to lead groups and ensure that the group accomplishes its purposes.
Assessment of Leader Skills

- Clinical skills (from selecting prospective group members and designing treatment strategies to planning and managing termination)
- Comprehensive knowledge of substance abuse, which could entail broad general knowledge of, or a thorough facility with, a particular field
- Knowledge of the preferred theoretical approach
- Knowledge of psychodynamic theory
- Knowledge of the institution’s preferred theoretical approaches
Assessment of Leader Skills (cont.)

- Diagnostic skills for determining co-occurring disorders
- Capacity for self-reflection, recognizing one’s vulnerability and ability to monitor reactions
- Consultation skills, the ability to consult with referring therapist, provide feedback, and coordinate both individual and group treatment
- Capacity to be supervised, including openness in supervision, setting goals for training, and discussing one’s learning style and preferences