



## Getting the Most Out of Clinical Training and Supervision: A Guide to Practicum Students and Interns

By Carol A. Falender, Edward Shafranske

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Clinical training is challenging for supervisees, many of whom are unsure how to navigate the supervisory process and effectively build clinical skills and professional competence. While research and book-length texts on effective supervision have proliferated, these are typically directed towards supervisors and clinical educators.

Since it was first published in 2004, Falender and Shafranske's *Clinical Supervision: A Competency-Based Approach* has become the standard, go-to resource on supervisory and clinical competence. Now the authors have created an empirically-supported yet practical book for student and interns.

Written in an interactive style with "real life" case examples and reflection activities, this book shows students how to establish effective working supervisory relationships and understand and make use of formative and summative evaluations. Empirically-supported yet highly practical, this is an essential text that normalizes the anxieties and conflicts that typically arise during supervision.

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### Editorial Review

#### Review

As two eminent leaders in the field, Falender and Shafranske offer a thoughtfully crafted guide for collaborative supervisory endeavors. They provide new therapists with a sophisticated template for enhancing their clinical competence through the supervisory process. It is also ideal for those teaching and supervising future generations of therapists. --Nadine J. Kaslow, PhD, ABPP, School of Medicine, Emory University

Falendar and Shafranske s goal in writing this guide is to jump start a trainee s process of being a supervisee. They have clearly succeeded. This resource helps supervisees make the most out of supervision and helps supervisors facilitate the professional development of their supervisees. Supervisees benefit, supervisors benefit, and perhaps most important, the vulnerable public receiving their psychological services benefit. -- Emil Rodolfa, PhD, Editor, Training and Education in Professional Psychology; Director, Counseling and Psychological Service, University of California-Davis

This book sets the traditional notion of supervision on its head. They help the supervisee learn how to make the supervisory experience more than a passive transfer of knowledge. While it is a worthwhile book for the supervisor who already wants to engage in collaborative supervision, for the more traditional supervisor, it could be a perspective-changing book. This book makes a valuable contribution to the development of competence in both the supervisee and supervisor. --Jack B. Schaeffer, PhD, ABPP, Chair, Association of State and Provincial Psychology Boards Task Force on Supervision Guidelines for Licensing Boards

"Quite simply, this book is one of the best of its kind, geared specifically to clinical psychology trainees who want to get the most from their formal supervision. Although the primary audience for the book is practicum students and interns, supervisors themselves should read it to improve their own skills. The book is so good that I recommend it as a standard text for trainees with supervisors within psychology training programs. Truly, this is a masterful resource that explains and makes manifest the art and science of supervision." -- James K. Luiselli, Ed.D., ABPP, BCBA-D, New England Psychologist

This book sets the traditional notion of supervision on its head. They help the supervisee learn how to make the supervisory experience more than a passive transfer of knowledge. While it is a worthwhile book for the supervisor who already wants to engage in collaborative supervision, for the more traditional supervisor, it could be a perspective-changing book. This book makes a valuable contribution to the development of competence in both the supervisee and supervisor. --Jack B. Schaeffer, PhD, ABPP, Chair, Association of State and Provincial Psychology Boards Task Force on Supervision Guidelines for Licensing Boards

#### About the Author

**Carol A. Falender, PhD**, has directed APA accredited internship programs and supervised interns and practicum students for over two decades. Currently, she teaches doctoral students, supervises, and provides clinical supervision workshops.

She has served as President of Division 37, Society for Child and Family Policy and Practice of APA, Co-Chair of the Los Angeles County Psychological Association Ethics Committee, and as a member of the Association of State and Provincial Psychology Boards Supervision Guidelines Task Force and delegate to

the Competencies Conference and to Benchmarks. She is an APA Council Representative, Clinical Professor in the Department of Psychology at the University of California, Los Angeles and Adjunct Professor at Pepperdine University.

She is coauthor of *Clinical Supervision: A Competency-Based Approach*, coeditor of *Casebook for Clinical Supervision: A Competency-Based Approach*, both published by APA, and she has also written numerous journal articles on supervision.

**Edward P. Shafranske, PhD, ABPP**, currently serves as Professor of Psychology and Director of the PsyD Program in Clinical Psychology at Pepperdine University. He also lectures in the Psychiatry Residency Program at UCLA and has served as President of APA Division 36: Psychology of Religion and Spirituality, and on the APA Council of Representatives. He currently teaches courses on psychotherapy, supervises first-year students through post-graduates, and advises students in research on clinical supervision.

He is coauthor of *Clinical Supervision: A Competency-Based Approach*, coeditor of *Casebook for Clinical Supervision: A Competency-Based Approach*, editor of *Religion and the Clinical Practice of Psychology*, and coauthor of *Spiritually Oriented Psychotherapy*, each published by APA.

## Users Review

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#### Jacki Peters:

This book untitled Getting the Most Out of Clinical Training and Supervision: A Guide to Practicum Students and Interns to be one of several books that will best seller in this year, that's because when you read this e-book you can get a lot of benefit onto it. You will easily to buy this book in the book store or you can order it by means of online. The publisher of this book sells the e-book too. It makes you quicker to read this book, because you can read this book in your Touch screen phone. So there is no reason to you to past this book from your list.

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