Solid Ground: Helping Supervisees Develop a Theoretical Orientation

Dr. Jason Martin, University of Mary Hardin-Baylor, jmartin@umhb.edu
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Learning Objectives

- Examine two roles of supervisor in developing supervisee theoretical orientation
- Explore the role of supervisor in theoretical orientation
- Explore three strategies for incorporating theoretical orientation in supervision

How is theory structured?

- Theoretical Model
- Theoretical Philosophy
- Therapeutic Posture

Theory is the basis for understanding the general process of therapy & the role of the therapist. theory is the basis for understanding the unique, individual client. Discussion & understanding of both in supervision is important.

Two roles of the supervisor

- Teacher: Helps the supervisee learn; more necessary with less experienced supervisees
- Mentor: Helps the supervisee to trust the self; more necessary with more experienced supervisees

Theory development in supervision

- Help the supervisee describe their theory before they might describe Theory.
- What does the theory tell the supervisee about what is happening with the client?
What does **Theory** tell the supervisee should happen in counseling?

**Strategies in Supervision**

- Occasionally review the supervisee’s theoretical orientation paper and development.
- Require a “supervisory question” in each supervision session.
- Focus on clearly identifying the theoretical problem and the goal of therapy.