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COCU714—Chapter 1

Discussion #1—Due May 18, 2025

What is one new thing you have learned about supervision through your reading this module?

One new thing I noticed may be more of a reminder than a new concept was found on page 3 of our textbook. When a supervisor works with a supervisee, they are both affected by the experience. My experiences with the supervision process will indeed affect the way I process the information contained in this book. I have never thought about the supervision process as being an “intervention in its own right”. However, it makes perfect sense when I stop and consider that the supervision process is intended to help mold the clinical practitioner of counseling into their best and to be of the highest benefit to their clients. This shaping of supervisees is one key reason why it is important for regulatory boards and accreditation organizations to have standards of who may practice as a supervisor and what constitutes being competent (pg. 4 & 5). Further, supervision is a valuable tool in helping to develop practitioners in a manner that helps to “reduce the number of “unknown unknowns”” that a practitioner will likely face in their work with clients (pg. 6). The authors make a good point where they put forward that it is shortsighted to think that simply by having been in supervision in the past would make a person a good supervisor. Training is essential (pg. 8). The authors go on to share Proctor (1986) idea that supervision is formative, normative, and restorative, and then shares that the restorative component of supervision can be very helpful in many areas but the authors specifically mention being helpful to the practitioner who is struggling with burnout (pg. 15).