

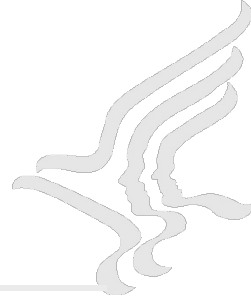
Module 7: Supervision

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



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
<http://www.samhsa.gov>

Module 7 Goal and Objectives

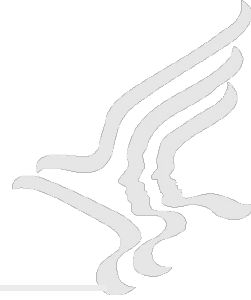


Goal: Provide an overview of the skills group therapy leaders need, the purpose and value of clinical supervision, and necessary training.

Objectives:

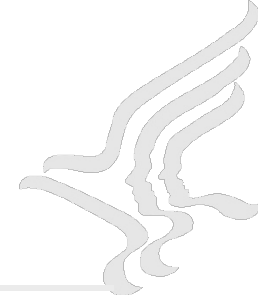
- Identify training opportunities.
- Appreciate the value of clinical supervision.

Common Errors



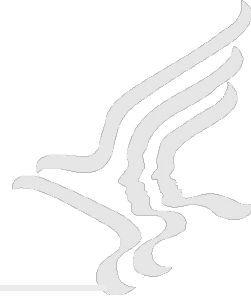
- Impatience with clients' slow pace of dealing with changes
- Inability to drop the mask of professionalism
- Failure to recognize countertransference issues
- Not clarifying group rules
- Conducting individual therapy rather than using the entire group effectively
- Failure to integrate new members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



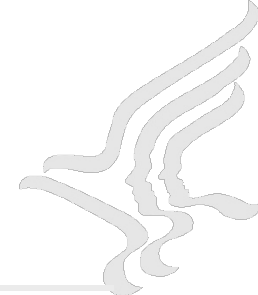
- American Group Psychotherapy Association (AGPA) <http://www.agpa.org>
- American Psychiatric Association <http://www.psych.org>
- American Psychological Association <http://www.apa.org>
- American Society of Addiction Medicine (ASAM) <http://www.asam.org>
- Association for Specialists in Group Work (ASGW) <http://asgw.org>

Training Opportunities (cont.)



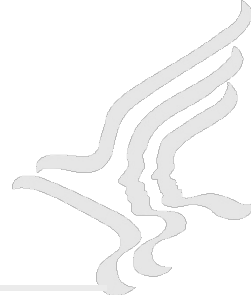
- Association for the Advancement of Social Work with Groups (AASWG) <http://www.aaswg.org>
- NAADAC—National Association for Addiction Professionals <http://www.naadac.org>
- National Association of Black Social Workers (NABSW) <http://www.nabsw.org>
- National Association of Social Workers (NASW) 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

Federal Resources



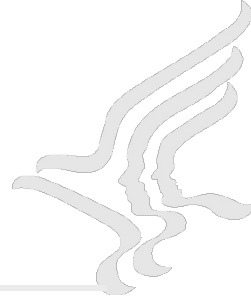
- Order TIPs, TAPs, and mental health information from SAMHSA at 1-877-SAMHSA-7 (1-877-726-4727) or at <http://www.store.samhsa.gov>
- Download publications from CSAT's Knowledge Application Program at <http://www.kap.samhsa.gov>
- National Institute on Drug Abuse provides materials at <http://www.nida.nih.gov>

Supervision



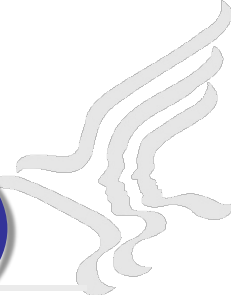
- Essential skills include:
 - Substance abuse treatment.
 - Group training.
 - Cultural competence.
 - Diagnosis of co-occurring disorders.
- Supervisory alliance is required to teach skills needed to lead groups and ensure that the group accomplishes its purposes.

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