

AAMFT APPROVED SUPERVISOR REFRESHER COURSE

**Course Instructor:
Dr. Harry J. Aponte, MSW, LCSW, LMFT**

**Sponsored by:
Drexel University's Couple and Family Therapy Department**

Date: June 18, 2010

**Location:
1505 Race St.,
The Bellet Building, Room 209
Philadelphia, PA 19102**

**Number of Course Attendees Limited to 20
Course Fee: \$200**

This 5-hour course will address each of the following topics:

- **Current supervision literature, especially of the past five years.**
- **Ethical and legal issues in clinical supervision and supervision mentoring.**
- **Supervision contracts, including the process of developing contracts and the elements that should be addressed.**
- **Cultural, gender and socioeconomic issues in therapy and supervision.**
- **The current standards for becoming an Approved Supervisor, with emphasis on the role of the Approved Supervisor mentor.**

Philosophy:

This course is meant to serve as a refresher on current AAMFT standards for supervisors, and as an updater on current thinking about supervision models and cultural competency.

The course is inclusive, taking into consideration all therapeutic and supervisory models. In addition, the course will include an emphasis on the use of self in therapy and supervision based on the Person-of-the-Therapist model. This approach to the therapists' use of self looks for therapists to know themselves from both psychological and cultural perspectives, to have access to their inner experience while engaged therapeutically with clients, and to have developed a degree of mastery over what they actively bring of themselves to the therapeutic relationship, the assessment process, and the implementation of their clinical strategies and interventions. This model looks to promote therapists' purposeful and effective use of their personal selves within their professional roles

Approved for 5 CE hrs. in PA (SWICE110516). Automatic approval for NJ & DE.

WORKSHOP SCHEDULE

9:00 a.m. – 12:00 noon

1) CURRENT LITERATURE

a. The Common Factors approach

(Toward a Common-Factors Approach to Supervision. Morgan & Sprenkle)

- i. The five domains
- ii. The categories of activity
- iii. The three underlying structures

b. The integrative approach

(The Integrative Family Therapy Supervisor. Lee & Everett)

- i. Multiple lenses
- ii. Underlying theoretical framework

c. The self of the therapist at the center

(The Heart of the Matter: A Proposal for Placing the Self of the Therapist at the Center of Family Therapy Research and Training. Simon)

- i. Worldview
- ii. Worldview/model

d. Person-of-the-Therapist model

(An Instrument for Person-of-the-Therapist Supervision. Aponte & Carlsen)

- i. Purposeful use of self
- ii. Integration with technical model

2) CONTEXTUAL VARIABLES

a. Cultural Competence

(So, how do you become culturally competent? Hastings)

- i. Defining cultural competence
- ii. Attitude plus training
- iii. “To thine own self be true”

b. Social Justice approach

(Valuing ideas of social justice in MFT curricula. McDowell & Shelton)

- i. “Education is a political act”: The controversy
- ii. Social justice in the MFT curriculum

c. Culturally Attuned Treatments (*Culturally Attuned Treatments of Latinos. Falicov*)

- i. Three positions on integrating culture in therapy
- ii. Cultural Attunement

d. Person-of-the-Therapist approach: The Dialectics of Sameness & Difference (*Bread & Spirit. Aponte*)

- i. Personal psychology – the therapist’s & the client’s
- ii. Personal values – the therapist’s vis-à-vis the client’s
- iii. Social context – the therapist’s vis-à-vis the client’s

1:00 p.m. – 4:00 p.m.

3) ETHICAL & LEGAL ISSUES

a. Ethics, Supervision & The Person of the Therapist

- i. Dual relationships (AAMFT Ethics 4.1, 4.2)
- ii. Personal & Professional boundaries (4.3, 4.6)
- iii. Holding supervisees to ethical standards (4.4, 4.5)
- iv. Confidentiality in supervision (4.7)

b. Mentoring

(Transformational Supervision: When Supervisors Mentor. Johnson)

- i. Defining the mentoring relationship
- ii. Ethical issues related to mentoring

c. Ethical Dilemmas

(Ethical Dilemmas Faced by Family Therapists. Green & Hansen)

- i. What to do about supervisee's personal problems?
- ii. Whose values?

4) SUPERVISION CONTRACTS

a. Contract contents – The AAMFT Handbook

b. Supervisor/Supervisee relationship (Power & Egalitarianism)

c. Goals of Supervision (Emphasis on technical skills vs. use of self)

d. Underlying Philosophy to Supervision: Examples

- i. Feminist
- ii. Social Justice
- iii. Christian Counseling

5) CURRENT STANDARDS

a. The basics – The AAMFT Handbook

- i. Becoming an approved supervisor
- ii. Responsibilities of an approved supervisor

b. The development of the supervisor – for discussion

- i. Supervisor's Qualifications & Checklist for PA Regulations
- ii. Personal/Professional development

**OPPORTUNITY FOR ATTENDEES TO RAISE ISSUES AND QUESTIONS
RELATED OF THEIR WORK VIA DISCUSSION OR VIDEOTAPE
OF THEIR OWN CASES**

References to Required Readings

- AAMFT (2000). *Readings in family therapy supervision*. Washington, D.C.
- AAMFT (2007). *Approved supervisor designation: Standards and responsibilities handbook*. Alexandria, VA: AAMFT. Downloadable at www.aamft.org
- AAMFT Code of Ethics, 2001. (Downloadable from www.aamft.org.)
- AAMFT (2004). *Marriage and Family Therapy Core Competencies*
- Aponte, H. J. (1994). *Bread & spirit: Therapy with the new poor*. New York. W. W. Norton.
- Aponte, H. J. & Winter, J. E. (2000). The person and practice of the therapist: Treatment and training. In M. Baldwin (Ed.), (2nd ed.) *The Use of self in therapy*. (pp. 127-165). New York: Haworth.
- Aponte, H. J. (1994). How personal can training get? *Journal of Marital and Family Therapy*, 20, 3-15. (Available on www.harryjaponte.com.)
- Aponte, H. J., & Carlsen, J. C. (in press). An instrument for Person-of-the-therapist supervision. *Journal of Marital and Family Therapy*.
- Aponte, H. J., Powell, F. D., Brooks, S., Watson, M. F., Litzke, C., Lawless, J., & Johnson, E. (in press). Training the person of the therapist in an academic setting. *Journal of Marital and Family Therapy*.
- Bula, J. F. (2000). Use of the multicultural self for effective practice. In M. Baldwin (Ed.), (2nd ed.) *The Use of self in therapy*. (pp. 167-189). New York: Hawthorne.
- Falender, C.A. & Shafranske, E.P. (2004). *Clinical supervision: A competency-based approach*. Washington, D.C.: American Psychological Association.
- Falicov, C. J. (June 2009). Commentary: On the wisdom and challenges of culturally attuned treatments for Latinos. *Family Process*. 48(2). 292-309.
- Green, S. L. & Hansen, J. C. (1989). Ethical dilemmas faced by family therapists. *Journal of Marital and Family Therapy*. 15(2). 149-158.
- Hastings, C. (2002). So, how do you become culturally competent? *Family Therapy Magazine*, 1(2), 18-24.
- Johnson, W. B. (2007). Transformational supervision: When supervisors mentor. *Professional Psychology: Research and Practice*, 38, 259-267.
- Lebow, J. (1997a). The integrative revolution in couple and family therapy. *Family Process*, 36, 23-24.
- Lee, R. E., & Everett, C. A. (2004). *The integrative family therapy supervisor*. New York: Brunner-Routledge.
- McDowell, T., & Shelton, D. (2002). Valuing ideas of social justice in MFT curricula. *Contemporary Family Therapy*, 24, 313-331.
- Morgan, M. M., & Sprenkle, D. H. (2007). Toward a common factors approach to supervision. *Journal of Marital and Family Therapy*, 33, 1-17.
- Nelson, T. (2005). Core competencies & MFT education. *Family Therapy Magazine*, July/August, 20-23.
- Schindler Zimmerman, T., & Haddock, S. A. (2001). The weave of gender and culture in the tapestry of a family therapy training program: Promoting social justice in the practice of family therapy. *Journal of Feminist Family Therapy*, 12, 1-31.

Simon, G.M. (2006). The heart of the matter: A proposal for placing the self of the therapist at the Center of Family Therapy Research and Training. *Family Process*, 45, 331-344.

Suggested Readings

- Aponte, H. J. (1994). How personal can training get? *Journal of Marital and Family Therapy*, 20, 3-15.
- Bell-Toliver, L., Burgess, R. & Brock, L. J. (July 2009). African American therapists working with African American families: An exploration of the strengths perspective in treatment. *Journal of Marital & Family Therapy*, 35(3), 293-307.
- Beitin, B. K., & Allen, K. R. (2005). A multilevel approach to integrating social justice and family therapy. *Journal of Systemic Therapies*, 24, 19-34.
- Falender, C. A., & Shafranske, E. O. (2008). *Casebook for clinical supervision: A competency-based approach*. Washington, DC: American Psychological Association.
- Guanipa, C. (2002). A preliminary instrument to evaluate multicultural issues in marriage and family therapy supervision. *Clinical Supervisor*, 21, 59-75.
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- Holeman, V. T. (1984). Supervision and training: Raising up the next generation of Christian counselors. In T. Clinton, & G. Ohlschlager (eds.), *Competent Christian counseling: Vol. 1. Foundations and Practice of Compassionate soul care* (pp. 658-675). Colorado Springs: WaterBrook.
- Johnson, W. B. (2002). The intentional mentor: Strategies and guidelines for the practice of mentoring. *Professional Psychology: Research and Practice*, 33, 88-96.
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- Lutz, L., & Spell, S. (in press). Reflections of two trainees: Person-of-the-therapist training for marriage and family therapists. *Journal of Marital and Family Therapy*.
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- Scaturo, D. J. (2002). Fundamental dilemmas in contemporary psychotherapy: A transtheoretical concept. *American Journal of Psychotherapy*, 56, 115-133.

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- Storm, C.L. & Todd, T.C. (2002). *The reasonably complete systemic supervisor resource guide*. New York: Authors Choice Press.
- Suicide Prevention Resource Center. (2006). *Core competencies in the assessment and management of suicidality*. Newton, MA: Author.
- Taylor, B. A., Hernandez, P., Deri, A., Rankin, IV. P. R., & Siegel, A. (2007). Integrating diversity dimensions in supervision: Perspectives of ethnic minority AAMFT approved supervisors. *Clinical Supervisor*, 25, 3-21.
- Vera, E. M., & Speight, S. L. (2003). Multicultural competence, social justice, and counseling psychology: Expanding our roles. *Counseling Psychologist*, 31, 253-272.
- Watson, M.F. (1993). Supervising the person of the therapist: Issues, challenges and dilemmas. *Contemporary Family Therapy*, 15, 21-31.
- West, W. (2003). The culture of psychotherapy supervision. *Counselling and Psychotherapy research*, 3, 123-127.