



## **Clinical Supervision Activities for Increasing Competence and Self-Awareness**

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# Clinical Supervision Activities for Increasing Competence and Self-Awareness

## Clinical Supervision Activities for Increasing Competence and Self-Awareness

**Cultivate self-awareness, empathy, and clinical competence in the mental health professionals you supervise**

Providing tested guidance for clinical supervisors of mental health professionals, editors Roy A. Bean, Sean D. Davis, and Maureen P. Davey draw from their own backgrounds in training, private practice, and academe, as well as from an international panel of experts representing various mental health fields to provide activities and best practices that allow therapists to better serve an increasingly diverse set of clients and issues.

While clinical skills are easily observed, the more subtle areas of self-awareness, or exploring unexamined judgments are more difficult to spot and to provide supervision and guidance for. The numerous experiential activities included will help supervisors and the mental health professional they supervise develop their skills and techniques around:

- Intuition
- Empathy
- Self-awareness
- Mindfulness
- Multicultural awareness
- Perspective taking

The book covers both clinical as well as diversity-focused competence and awareness, and suggests various forms of activities, including research exercises, reflection, journaling, and more. Each activity includes measurement metrics as well as additional resources that help clinicians identify the best activity for a given situation. Appropriate for clinicians at every level and from a multitude of backgrounds, these tried and tested best practices can be used in clinical supervision, as a class assignment, or to facilitate professional growth.

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