Supervision is necessary, especially early in your career, so seek it from a peer!

Supervision

**Definition**
- Ongoing
- Positive
- Systematic
- Collaborative

**Goals**
- Enhance skills
- Improve professional development
- Increase confidence

Position Statement on Supervision in School Psychology, 2004

Supervision in Practice

1989 - Less than 25% receive supervision
1993 - Less than 32% receive supervision

Both of these studies suggest a large number of psychologists are not receiving any type of formal supervision.

McIntosh & Phelps, 2000

2002 - 55% receive formal supervision
13% receive informal supervision

Chafouleas, Clonan, & Vanauken, 2002

Supervision Across the Career

- Skill Development
- Supervision Needs
**Peer Supervision Groups**

Consultative  
Non-evaluative  
Supportive  
Leaderless  
Scheduled

Counselman & Weber, 2004; Yeh et. al., 2008; Bernard & Goodyear, 2009

**Consultee-Centered Consultation**

*Lack of...*

Understanding  
Skill  
Confidence or self-esteem  
Objectivity

Caplan, 1995

**Online Peer Supervision Groups**

Ongoing  
Thoughtful  
Instantaneous  
Limitless  
Archival

Suler, 2001; Yeh et. al., 2008

**E-mail PSG Case Study**

**In the Beginning...**

• There was an e-mail...  
  – And then a Happy Hour 😊  
  – Small group of psychologists from same graduate program

• Group developed and expanded over time through word of mouth

• Support from supervisors

**The Specifics**

Q & A Example from our OPSG
Outcomes

Survey to Members

Topics

- Case Conceptualization
- Assessment
- Consultation
- Counseling
- Prevention
- Academic/Behavioral Interventions
- Gain Resources
- Learn New Techniques from Resources
- Feelings and Perceptions Interfering
- Ethical Issues
- Questions not appropriate for supervisor
- Reduce shame about mistakes
- Reduce stress/isolation
- Policy & Procedures

Use of the PSG for Specified Topics

Percentage of Respondents

Average Helpfulness Ratings

Utility, Improved Skill, Timeliness, Comfort

Utility of Other People’s Q & A

Skill Improvement from Offering

Timeliness

Comfort in Using Internet
Tips for Developing an OPSG

- Make contact
- State your purpose
- Host an informal gathering
- Begin with an instructional e-mail
  - Technical suggestions
  - Ethical considerations
  - Recommended topics

Supervision is necessary, especially early in your career, so seek it from a peer!

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References