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COUNSELING AND
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POSITIVE IMPACTS IN A COUNSELOR SUPERVISEE'S SELF-EFFICACY TO
WORK WITH CLIENTS: WHAT TAKES PLACE IN THE COUNSELOR
SUPERVISION PROCESS (144 pp.)

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This research investigation was designed to provide answers to the question, "What occurs in supervision to positively impact a counselor supervisee's self-efficacy to work with a client?" All subjects in this study were master's degree counseling students attending a university in the Midwest. Participants were enrolled in one of the following courses: Community Counseling Practicum, Community Counseling Internship, School Counseling Practicum, or School Counseling Internship. The study was designed to learn from counselor supervisees what they found most useful/helpful in supervision in order to increase their self-efficacy/confidence for working with clients.

Q Methodology was the research approach utilized in this investigation. PQ Method 2.11 was used for the data and factor analysis. Forty-five individuals participated in this study by sorting a Q sample made up of 34 items. Three factors, also referred to as counselor supervisee perspectives, were derived from the data analysis. The factors were labeled (a) Security of My Supervisor, (b) Ready to Learn; Ready to be Challenged, and (c) Open to Feedback; Thoughtful about the Process of Supervision.

The study indicated there were differing groups of students who shared common within group perspectives and differing between group perspectives on what they

reported as being helpful to them in counselor supervision. The perspectives found in this study are expressed in these factors.