



Manhattan Marriage & Family Therapy

Supervisor Interview Checklist

Choosing the right Clinical Supervisor for you is crucial. The right Supervisor can help you hone your clinical skills, provide business guidance, and support you through this challenging and exciting time in your career.

Here are the questions to ask when interviewing a potential supervisor or mentor:

1. What theory do you practice? What is your specialty? Find someone who practices from a theory that interests you. Although learning about other theories is helpful, to stay motivated and inspired you want to really hone in on your passion and work that excites you as therapist.
2. What type of settings have you worked in? If the supervisor's experience is heavily weighted towards agency work and you are interested in private practice, there might be a disconnect.
3. What is your structure for providing supervision? Do you like to meet at the same time every week or does it vary? Do you meet with supervisees weekly or on a flexible schedule?
4. Do you provide case consultation or "Self of the Therapist" supervision?
5. Price, like everything else in life, is negotiable so don't be afraid to ask for a lower hourly rate or a flexible fee structure.
6. Do you offer group supervision? Is it possible to refer some colleagues which would also lower the overall cost.
7. What is your philosophy of supervision? Will there be homework? How do you work with "Self of the Therapist" issues? Do you review videotaped sessions or just discuss notes? Will you provide additional resources to enhance the experience?

[BONUS TIP] During an internship most clinicians need a supervisor to approve the intern's clinical hours. This option comes with the largest set of requirements. It is important to know your state and/or board regulations in order to choose a supervisor with the correct credentials. **DO NOT** rely on the supervisor to know your requirements. *You* must know what is needed to complete the requirements!