

Name: _____

Email: _____

Phone Number: _____

Masters Program: _____

Graduation Date: _____

Do you have potential internship sites? Y/N

What population(s) are you considering working with?

What are you looking to get from the supervision experience?

What would your current or previous professors/supervisors say about you?

What are your clinical/professional strengths?

What are your clinical/professional weaknesses?

Please attach resume with application

Supervisee Levels Questionnaire- Revised

Answer the items that follow in terms of your own current behavior. In responding to these items, use the following scale:

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

1. I feel genuinely relaxed and comfortable in my counseling/therapy sessions.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

2. I am able to critique counseling tapes and gain insights with minimum help from my supervisor.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

3. I am able to be spontaneous in counseling/therapy, yet my behavior is relevant.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

4. I lack self-confidence in establishing counseling relationships with diverse client types.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

5. I am able to apply a consistent personalized rationale of human behavior in working with my clients.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

6. I tend to get confused when things don't go according to plan and lack confidence in the ability to handle the unexpected.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

7. The overall quality of my work fluctuates; on some days I do well, on other days I do poorly.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

8. I depend on my supervision considerably in figuring out how to deal with my clients.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

9. I feel comfortable confronting my clients.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

10. Much of the time in counseling/therapy I find myself thinking about my next response instead of fitting my intervention into the overall picture.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

11. My motivation fluctuates from day to day.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

12. At times, I wish my supervisor could be in the counseling/therapy session to lend me a hand.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

13. During counseling/therapy sessions, I find it difficult to concentrate because of my concern about my own performance.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

14. Although at times I really want advice/feedback from my supervisor, at other times I really want to do things my own way.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

15. Sometimes the client's situation seems so hopeless, I just don't know what to do.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

16. It is important that my supervisor allow me to make my own mistakes.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

17. Given my current state of professional development, I believe I know when I need consultation from my supervisor and when I don't.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

18. Sometimes I question how suited I am to be a counselor/therapist.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

19. Regarding counseling/therapy, I view my supervisor as a teacher/mentor.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

20. Sometimes I feel that counseling/therapy is so complex that I never will be able to learn it all.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

21. I believe I know my strengths and weaknesses as a counselor sufficiently well to understand my professional potential and limitations.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

22. Regarding my counseling/therapy, I view my supervisor as a peer/colleague.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

23. I think I know myself well and am able to integrate that into my therapeutic style.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

24. I find I am able to understand my client's view of the world, yet help them to objectively evaluate alternatives.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

25. At my current level of professional development, my confidence in my abilities is such that my desire to do counseling/therapy doesn't change much from day to day.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

26. I find I am able to empathize with my clients feeling states, but still help them focus on problem resolution.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

27. I am able to adequately assess my interpersonal impact on clients and use that knowledge therapeutically.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

28. I am adequately able to assess the client's interpersonal impact on me and use that therapeutically.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

29. I believe I exhibit a consistent professional objectivity and ability to work within my role as a counselor without undue over-involvement with my clients.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

30. I believe I exhibit a consistent professional objectivity and ability to work within my role as a counselor without excessive distance from my clients.

Never	Rarely	Sometimes	Half the Time	Often	Most the Time	Always
1	2	3	4	5	6	7

Scoring Key:

Self and Other Awareness Items:

1, 3, 5, 9, 10*, 13*, 24, 26, 27, 28, 29, 30

Motivation Items: 7, 11*, 15*, 18*, 20*, 21, 23, 25

Dependency-Autonomy Items: 2, 4*, 6*, 8, 12*, 14, 16, 17, 19*, 22

*Indicates reverse scoring.

To score, sum the items in the scale and then divide by the number of items.

Developed by C. Stoltenberg. Unpublished version of Supervisee Levels Questionnaire-Revised.