

2015/184 – “Supervision in Psychology: The development of an instrument measuring Supervision efficacy for psychologists to guide current supervisory requirements and training needs”.

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Supervision processes play an integral role in the psychology profession as they form a significant portion of the requirements needed to acquire general registration as a psychologist. The current study aimed to explore the factors contributing to helpful and unhelpful supervision experiences via the development of a supervisory measure, titled the “Supervisory Behaviour Scale” (SBS). Study 1, qualitative interviews were conducted with five Subject Matter Experts (SMEs), leading to the development of the SBS. Study 2 was characterized by the administration of the SBS to 132 participants who received supervision as a means of achieving their registration. Factor analysis led to the development of a short-version of this instrument, the SBS20, which was based on five underlying factors, being: Supervisor Traits, Coaching and Training Skills, Communication and Availability, e-Supervision and Unconditional Positive Regard. Findings of the current study highlighted a lack of flexibility in current delivery methods and revealed a need for increased e-supervision initiatives. Implications also include using the SBS as a tool to enhance reflective supervision practices.