LOYOLA
UNIVERSITY MARYLAND

Rationale:

- The relationship or working alliance between supervisor and supervisee is crucial to a positive training experience (Bordin, 1983; Ladany, Ellis and Friedlander, 1999).
- A poor alliance can increase the likelihood of supervisees withholding information pertinent to themselves, clients, and/or the session (Ladany et al., 1996).
- Live supervision eliminates the ability of the supervisee to "hide" details (except for personal, internal experiences) and potentially builds up the working alliance.
- iPads provide a convenient and unobtrusive tool to enhance live supervision ("iSupe").
- This poster presents an evaluation of the supervisee-supervisor relationship prior to and after the use of iSupe (live supervision using the iPad as the medium for communication) to examine how the nature of the relationship changes.

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Hypotheses:

- Student clinicians who receive iSupe will report greater increases in confidence, appropriate risk taking, and supervisory bond compared to students who do not receive iSupe. They will experience more support and challenge in the supervisory relationship.
- We will examine the degree to which student clinicians who do and do not receive iSupe perceive the emphasis of supervision to be on training the supervisee and maintaining the welfare of the client, both of which are hallmarks and challenges of clinical supervision (Bernard and Goodyear, 2009; Sherry, 1991).
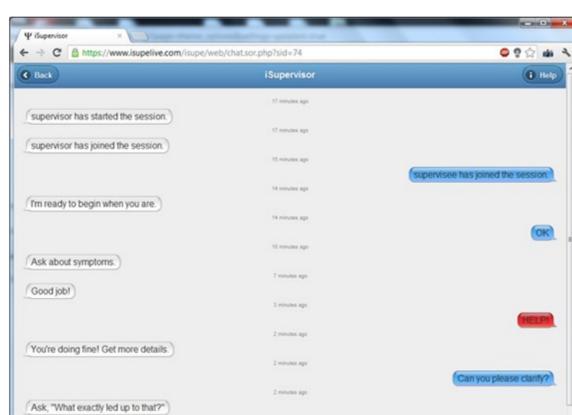
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Conclusions:

. Student clinicians who received iSupe reported increases in perceived support and challenge in supervision, risk taking in session, and bond with supervisor. However, they reported decreases in confidence.

. Contrary to hypotheses, differences between student clinicians who did and did not receive iSupe were relatively small.

. The logistics of live supervision (i.e., requiring all parties—client, clinician, and supervisor to be available simultaneously) combined with random assignments makes scheduled data collection challenging.

Future Directions:

. Longer term follow-up may reveal more benefits of iSupe.

. Examine benefits of iSupe on clients' progress.

. Continue data collection with a larger group of supervisors and students, including students providing other clinical services (e.g., intakes, group therapy)

. Continue data collection with students at various points in their training (beginners, more advanced clinical skills) and at various points in their relationship with their supervisor (when bond is secure, when bond is forming).

What is iSupe?

iSupe is a software package that allows supervisor and supervisee to communicate securely and in real-time across desktop, laptop, phone, and tablet devices while the supervisee is meeting with a client.

See www.iSupeLive.com