

ABSTRACT

The first part of the study deals with theoretical issues of supervision, especially supervision in cognitive behavioral therapy. The practical part is focused to mapping the expectations of supervision of trainees of CBT training in various phases of their training (after 1 year of training and after the fourth year of training, prior to training) and expectations of supervision of trainees training in CBT supervision. ABSS (Attitudes and Beliefs about Supervision Scale) was used as an evaluation instrument to assess the expectations and beliefs of supervision. The expectations of probands with different experience in supervision were compared to find out where are consensual and where differ. The results show that trainees in supervision (Supervisors) emphasize particularly the importance of self-reflection and structures, Intermediate and advanced training students differ in their attitudes and expectations of supervision minimally (increased emphasis on counter-transference in intermediate students). Probands who are just going into training and have no previous experiences with supervision generally have higher expectations of supervision than trainees, who are already undergoing training. The finding that self-reflection and the therapeutic relationship were considered as the most important in all categories of evaluators were surprising. Then participants in basic training and in supervision training were evaluated by their teachers with competence questionnaires (SCQ – Supervisor competence questionnaire, TSQ- therapist competence questionnaire). In the group of supervisors, it seems that the expectations and attitudes to supervision were significantly related to the competences of the same domain. This trend is less noticeable among people in basic training, which applies only to the therapeutic skills.

Key words: cognitive-behavioral therapy, supervisor, supervisee, supervisory relationship, process supervision, intervention strategies, self-reflection, expectations, competencies, evaluation.