

# Psychotherapists' Supervision Preferences Questionnaire (PSPQ)

Clinical supervision in psychotherapy can serve different functions. This instrument/questionnaire has been developed to map your supervision needs in five areas according to the theoretical Proctor Model.

**Instructions:** Below is a list of statements about psychotherapy supervision.  
Rate **how important** each statement is to you.

**0 = Not important at all, 6 = Extremely important**

## Reflective supervision

|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
|--|---|---|---|---|---|---|---|
| I get help in managing my own experiences that can have a negative impact on my work with patients |   |   |   |   |   |   |   |
| I get help to understand myself and my reactions   |   |   |   |   |   |   |   |
| I get help in letting go of work after working hours   |   |   |   |   |   |   |   |
| I get to reflect on thoughts and feelings that I'm stressed or worried about                       |   |   |   |   |   |   |   |
| <b>Mean value:</b>   |   |   |   |   |   |   |   |

## Restorative supervision

|   | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|---|
| I get to share my experiences as a therapist  |   |   |   |   |   |   |   |
| I get to share and discuss the thoughts and feelings that working with patients can evoke |   |   |   |   |   |   |   |
| I am met with an understanding of the challenges I sometimes have as a therapist          |   |   |   |   |   |   |   |
| I receive appreciation and recognition for what I am doing                                |   |   |   |   |   |   |   |
| <b>Mean value:</b>  |   |   |   |   |   |   |   |

## Normative supervision

|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
|--|---|---|---|---|---|---|---|
| I receive guidance with clinical documentation, e.g. with medical records and certificates   |   |   |   |   |   |   |   |
| I receive support on administrative or practical issues of the patient related work          |   |   |   |   |   |   |   |
| I get to learn more about the guidelines and regulations that apply to working with patients |   |   |   |   |   |   |   |
| I receive support in working in accordance with the national guidelines for therapists       |   |   |   |   |   |   |   |
| <b>Mean value:</b>   |   |   |   |   |   |   |   |

## Conceptual formative supervision

|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
|--|---|---|---|---|---|---|---|
| I get to develop my competence in case formulation and in conceptualization of challenging patient cases |   |   |   |   |   |   |   |
| I get to learn how to handle difficult patient situations  |   |   |   |   |   |   |   |
| I receive education/get to learn more about treatment models and techniques                              |   |   |   |   |   |   |   |
| <b>Mean value:</b>   |   |   |   |   |   |   |   |

## Experiential formative supervision

|   | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|---|
| I get feedback on recorded session material (sound or video)                  |   |   |   |   |   |   |   |
| I get to practice different therapeutic skills, for example through role play |   |   |   |   |   |   |   |
| I get concrete feedback on what I can do better                               |   |   |   |   |   |   |   |
| <b>Mean value:</b>  |   |   |   |   |   |   |   |

## Information about the instrument and norm values

The Psychotherapists' Supervision Preferences Questionnaire (PSPQ) was developed with the aim of creating an instrument that can facilitate the initial supervision phase and the formulation of focus area or supervision contract. The instrument stem from the Proctor Model, which is a widely used model in the supervision literature and research.

The instrument was developed through a literature review and expert discussions. After pilot testing and revisions, the instrument was administered to 204 Swedish psychotherapists. This data was analyzed with factor analysis, reliability and external validity analysis, leading to a revised version that was enrolled to a second sample of 125 Swedish psychotherapists and once again analyzed and refined.

The instrument has shown sound psychometric properties and preliminary evidence for convergent and divergent validity.

The table below summarizes some of the most important descriptive and reliability statistics which will help you interpret your score.

### *Descriptive statistics, reliability measures and intercorrelations of PSPQ*

| PSPQ-factor                 | <i>M</i> | <i>SD</i> | % variance explained | $\Omega_a$ | 1 <sup>b1</sup> | 2 <sup>b2</sup> | 3 <sup>b3</sup> | 4 <sup>b4</sup> | 5 <sup>b5</sup> |
|-----------------------------|----------|-----------|----------------------|------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 1. Normative                | 2.38     | 1.91      | 16                   | .87        | —               |                 |                 |                 |                 |
| 2. Restorative              | 4.67     | 1.36      | 16                   | .84        | .23             | —               |                 |                 |                 |
| 3. Reflective               | 3.15     | 1.90      | 15                   | .85        | .26             | .33             | —               |                 |                 |
| 4. Formative - Conceptual   | 4.80     | 1.32      | 12                   | .71        | .33             | .48             | .25             | —               |                 |
| 5. Formative - Experiential | 3.63     | 1.91      | 9                    | .63        | .03             | .07             | .09             | .11             | —               |

Note: *n* = 120 Swedish psychotherapists <sup>a</sup> = Omega total coefficient.  
<sup>b1-b5</sup> = Inter-factor correlation

If you have any questions or want input on how to use or implement the instrument in a clinical or research purpose, please don't hesitate to contact the corresponding author [simon.fagernas@ki.se](mailto:simon.fagernas@ki.se)