



The Contemporary Relational Supervisor

Robert E. Lee, Thorana S. Nelson

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The Contemporary Relational Supervisor is an empirically based, academically sophisticated, and learner-friendly book on the cutting edge of couple and family therapy supervision. Appropriate for master's and doctoral level students, as well as experienced clinicians who wish to learn about supervision, it emphasizes system and relational thinking and intervention, while privileging the diversity of training system members, their realities, experiences, and interpretations of life.

The authors are attuned throughout the text to how and where clinical training and services are provided, and to whom, and provide detailed literature reviews for readers. These factors assist their discussion of the socio-historic development of the AAMFT supervision designation, and the fundamentals, contexts, philosophy, relationships, and pragmatics of CFT supervision. They also discuss major models and approaches, evaluation, ethical and legal issues, and therapist development. Perhaps most important is their presentation of methods that help tailor and extend supervision practices to meet the clinical, institutional, and economic realities that CF therapists navigate.

Readers are engaged by the discussions and exercises at the end of each chapter, which help them to feel more grounded in a topic, to have their own voices heard, and to be granted insight through experiencing multiple realities. This valuable reference prepares the next wave of cutting-edge CFT supervisors—those who are knowledgeable, skilled, and realistically confident.

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