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## Supervision and Education as a Factor of Self Efficacy in Novice Therapists

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*University of Texas Permian Basin*

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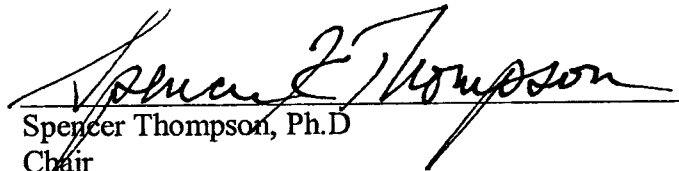
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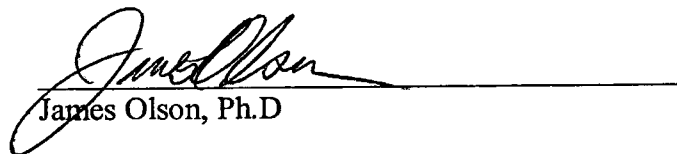
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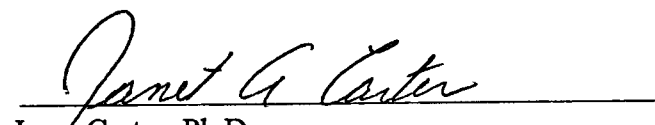
SUPERVISION AND EDUCATION AS A FACTOR OF SELF EFFICACY IN  
NOVICE THERAPISTS

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SUPERVISION AND EDUCATION AS A FACTOR OF SELF EFFICACY IN  
NOVICE THERAPISTS

By

Natalie D. DeWitt, B.A.

THESIS

Presented to the Graduate Faculty of Psychology

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## Abstract

The hypothesis of this exploratory study is aimed at examining novice therapist's self-efficacy towards counseling, observing self efficacy modifications during practicum, and creating implications for future therapists. There were 20 participants surveyed using the Counselor Self Efficacy Scale, as well as questions generated towards the education experience as well as the supervision experience. A Pearson's correlation was conducted comparing the supervision and education experience, there was a negative correlation, resulting in the education experience decreasing as the supervision experience increased. A *t*-test was conducted and the difference in means was consistent with the Pearson correlation confirming higher supervision scores.