Relation is reciprocity. My You acts on me as I act on it. Our students teach us, our works form us. The “wicked” become a revelation when they are touched by the sacred word. How are we educated by children, by animals! Inscrutably involved, we live in the currents of universal reciprocity.

- Martin Buber
Introduction:

The Therapeutic Process in On-Line Fieldwork Supervision of Master's Students

Goals and Objectives

Creating Structure
  Powell’s Model of Supervision
  IT’s Role
  CACREP standards
  NAADAC Code of Ethics
  ACA Code of Ethics

Evaluation
  Site Supervisor Evaluation Tool
  Faculty and Site Supervisor Evaluation
Trans-theoretical therapeutic process

Trans-theoretical nature of the Therapeutic Process

  Engagement
  Transference and Counter-transference

Termination

  • Transference/counter-transference connection and intervention
  • Healing the connection
  • Sending summary e-mail or message
OBJECTIVES

1. Identify transference and counter-transference in on-line supervision.

2. Apply theory-based interventions to diffuse transference and counter-transference process.

3. Participants will be able to utilize the transference/counter-transference process as a learning tool for supervisees.
GOALS

- Facilitating the therapeutic process of on-line supervision that challenges counselor educators.
- Identifies the supporting structure of the therapeutic process
- Explores therapeutic skills, including creative engagement.
BLENDENDEFINITIONOFSUPERVISION

CLINICAL SUPERVISION IS A DISCIPLINED, TUTORIAL PROCESS WHEREIN PRINCIPLES ARE TRANSFORMED INTO PRACTICAL SKILLS, WITH FOUR OVERLAPPING FOCI:

- ADMINISTRATIVE
- EVALUATIVE
- CLINICAL
- SUPPORTIVE
Is On-line Unique?

- The computer’s filter
- Only see the head
- Miss body cues
- What you can’t see
- Location of student in home or office
STRUCTURE OF ON-LINE SUPERVISION

- Engagement
- Boundaries
- IT set up
- Ethics—CFR 42, HIPPA, NAADAC & ACA
- Behaviors
- Presenting schedule
Trans-theoretical nature of THERAPEUTIC PROCESS

The therapeutic process includes:

- engagement,
- behavioral rules,
- boundary setting,
- and application of codes of ethics and CFR 42 AND HIPPA.

- trans-theoretical Stage of Change Model,
- Termination
Therapeutic Process/Engagement

- Engagement:
  - Welcome Video
    - Welcome and thank you e-mail including requirements for learners and supervisors
  - Interview participants before start of the supervision process if possible
  - Interview site supervisor before start
  - Schedule individual meeting with student and supervisor during 1st week
ENGAGEMENT

- AVAILABILITY BY TEXT, E-MAIL AND PHONE

- MEMBERS ESTABLISH GROUND RULES FOR GROUP
  - Etiquette of On-line behaviors
  - Attendance, dress, eating, watching tv, etc.
THERAPEUTIC PROCESS

- Trans-theoretical Stage of Change Model
- Understanding counseling process
- Appropriate interventions
- Choice of therapeutic approach
- Transference and counter-transference in managing the counseling process
Transference and Counter-transference

- Transference—originates from Psychodynamic /psychoanalytic Therapy

- A client’s unconscious conflicts that can cause problems in everyday life.

- It is where the individual transfers feelings and attitudes from a person or situation in the past on to a person or situation in the present and where the process is likely to be, at least to some degree, inappropriate to the present.
Counter-transference

Counter Transference is where you find yourself experiencing feelings and/or acting outside of your normal pattern of behavior towards a client.

Those you LIKE and DISLIKE

Transference and counter transference is something that is best addressed in supervision.
Counter-transference
rule of thumb

If you have counter-transference of the same nature 3 times in a period of time, a therapy tune up is needed.

Explore the exact nature of the counter-transference

Root of the issue
COUNTER-TRANSFERENCE

- **Prevention:**
  - Don’t work with clients with your current or unresolved issue.
    - Recent death
    - Grieving clients
  
  What is your vulnerability?
  
  The law of attraction draws clients to you with your unresolved issue!
ON-LINE PRESENTATION OF TRANSFERENCE

- MORE CONTACT THAN USUAL—PHONE CALLS, EMAILS, TEXTS
- DEFENDS YOU TO THE GROUP
- YOU REMIND THEM OF SOMEONE..
- WANTS TO BE YOUR FRIEND OR FAMILY MEMBER
- ACTS LIKE YOUR CO-SUPERVISOR
ON-LINE COUNTER-TRANSFERENCE

- THOSE YOU LOVE AND THOSE YOU DREAD
- REMINDS YOU OF………..
- KNOW YOUR VULNERABILITY TO COUNTER-TRANSFERENCE
- AWARENESS OF YOUR CURRENT ISSUES
  - GRIEF, DIVORCE, KIDS, ETC.
INTerventions

- Talk about it early in the process
- Explain in detail
- Talk—ask for examples
- Bring it up regularly
- Help make connections between current experience and past
- Bring it to life
- Refer to EAP or counseling
Transference

Exercise

- Do I remind you of someone? What is your gut reaction?
- Does anyone in the group remind you of someone?

Example:

Tall, dark hair lady about my age—told me she now understood why she hated me---I reminded her of her short, blonde Mother!?
Transference/counter-transference

- Always historical?
- Always a gut reaction
- Non-verbal
- Either pain or joy
- Intense feeling—does not make sense
PREVENTION

- Be aware of your vulnerability
- Hungry, angry, lonely and tired
- Take time off
- Don’t meet when hungry
- Seek supervision yourself
TERMINATION OF SUPERVISION

- BEGIN PROCESS IN WEEK 1
- TALK ABOUT LENGTH OF QTR OR SEMESTER
- ROLE PLAY TERMINATING WITH CLIENT
- SCHEDULE INDIVIDUAL MEETING WITH EACH STUDENT ON PHONE OR ON-LINE
- TALK ABOUT YOUR RELATIONSHIP—REVIEW PROFESSIONAL BOUNDARIES AND ETHICS
Termination

- Ceremony—borrowed from the treatment programs
- Have group give positive feedback to each other
- Create a self-care plan
WEEKLY PHONE AND VIDEO FORMAT

- SCHEDULE 2 HOURS
- 15 MINUTES: WEEKLY INTRODUCTIONS
  - PURPOSE IS TO IDENTIFY HOW INTERNSHIP IS GOING AND IDENTIFY ANY ISSUES TO ADDRESS.
  - ASK EACH STUDENT TO CALL ON ANOTHER STUDENT.
- SCHEDULE TWO STUDENTS PRESENT CASES FOR DISCUSSION EACH WEEK
- USE ROLE PLAYING AND OTHER INTERVENTIONS TO FACILITATE LEARNING
- MIDDLE OF SEMESTER PRACTICE GROUP PROCESS
- END—CEREMONY TO HONOR THOSE GRADUATING. ASK FOR POSITIVE COMMENTS FOR EACH STUDENT.
ETHICS OF TECHNOLOGY IN CLINICAL SUPERVISION

- NAADAC
- ACA—Most Clear—Section H
- ACES
- INCASE
ACA CODE OF ETHICS
SECTION H

Section H
Distance Counseling,
Technology, and
Social Media
REFERENCES


References


Termination

Enjoy the journey!