TECHNOLOGY AND CLINICAL SUPERVISION: THE NEW FRONTIER

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WHAT ARE YOU HOPING TO LEARN TODAY?
MY STORY

(But also, a lot of people’s story)
For a therapist, getting your degree is actually the easy part.

It’s becoming licensed that is so hard.
LICENSED THERAPIST
7. TeleMental Health Supervision: The delivery of supervision via technology-assisted media by a supervisor at one site while the supervised is located at a distant site.
TELE-SUPERVISION ALLOWED IN MANY STATES
DEFINITION: Tele-supervision

Also called: Online supervision, Distance supervision, Remote supervision, Virtual supervision

Supervision through live, two-way video conference, using a HIPAA-compliant medium.
WHAT’S THE POINT OF CLINICAL SUPERVISION?
HISTORY OF SUPERVISION

• 1920: Psychologists decided that new professionals should participate in their own therapy in order to become a therapist.

• As this happened, new clinicians would spend the therapy time talking about their cases instead of their own “stuff.”

• 1923: Psychologists determined that a separate set of hours would be required to focus on client work, called “clinical supervision.”

• They decided, after comparing themselves to other healthcare professional tracks, to require two years of supervised practice in order to become licensed. This has been the standard for 100 years.

- Dr. Ben Caldwell, Saving Psychotherapy
SUPERVISION PAIN POINTS
TIME AND EXPENSE
SUPERVISOR SHORTAGE
SUPERVISOR FIT
AGENCY SUPERVISION
“55% OF US COUNTIES, ALL RURAL, HAVE NO PRACTICING MENTAL HEALTH PROFESSIONAL.”

- SAMHSA, 2011
WHY IS SUPERVISION IMPORTANT?

• The single biggest change agent in therapy lies in whether or not the client feels liked and valued by the therapist (UPR)
• The relationship between the therapist and the client is the greatest therapeutic tool in the room.
• Strong therapeutic cohesion is only possible when the therapist has developed his/her own sense of self.

Good supervision is important because it develops the therapist so that they can do effective work with clients.
“WHAT HELPS THERAPISTS HAVE BETTER OUTCOMES IS CLINICAL COMPETENCY.”

- DR. HECTOR Y. ADAMES
WHAT DOES GOOD SUPERVISION LOOK LIKE?

Looks strikingly similar to good therapy:

• Strengths-based
• Built on trust
• Unconditional positive regard, like-ability
• Pays attention to self-of-the-therapist - helps identify blind spots
• Teaches tools
• Personal and authentic, but can withstand boundaries and direction
WHAT DOES NOT-SO-GOOD SUPERVISION LOOK LIKE?

Looks strikingly similar to bad therapy:

• “Do it like this ________________.”
• “This reminds of when ____________ happened to me.”
• Focused on the client (bad therapy – focused on other people)
• Ego-driven
• Disengaged
• Dual relationships
• Administrator only
COOL…

WHAT DO STATE RULES SAY ABOUT THIS?
TWO CASE STUDIES
Jeanine Rousso, LPC
Certified Professional Counselor Supervisor
Georgia, Florida

Chris 180
Nonprofit Agency
Georgia
BEST PRACTICES IN TELE-SUPERVISION
ETHICAL USE OF TELE-SUPERVISION

- Supervision Training
- Telehealth Training
- Distance Credentialed Counselor (https://www.cce-global.org/dcc)
- Only with a supervisor licensed in the same state
- Review of rules by both supervisor and associate
- Clearly established emergency contact plan, in contract
- Also, have a contract…
SAMPLE SUPERVISION CONTRACT

https://docs.google.com/document/d/1dgCV1i1N7nLi51KD3AuZrmG3xNeDLMGoe2hvq_gm9I8/edit?usp=sharing
BEST PRACTICES IN TELE-SUPERVISION

- Just you
- Closed door, confidential space
- Appropriate dress
- Food/drink considerations
- Lean in
- Close open tabs/apps
- Silence phone
- “Would I do this with a client?”

Video Call Etiquette: https://drive.google.com/drive/u/0/folders/1obcXY106vFOfYupoiJ233PWDHr_cNgG
HOW TO FIND GOOD SUPERVISION

• Seek out referrals through colleagues, word of mouth, Facebook/LinkedIn
• Interview several options and don’t settle
• Ask lots of questions when you interview
• Consider a dyad/triad or group
• Express your needs to your agency, be ready to explain why
• Resist the urge to “kick the can down the road”
QUESTIONS TO ASK SUPERVISOR

• What type of clients do you do your best work with?
• What modality(ies) do you use and how do you incorporate the modality into your work?
• Why did you choose to become a supervisor?
• How many people have you supervised?
• How would your supervisees describe your approach to supervision?
• How will you challenge me to become a better therapist?
• How will we incorporate self-of-the-therapist work in our supervision?
QUESTIONS TO ASK SUPERVISOR

• Logistically, what days/times are you available for supervision?
• How should I handle questions that come up between sessions, in both emergency and non-emergency situations?
• How often will we review the licensure requirements in my state to ensure I am on track?
• Has your license ever been suspended or revoked by a state board?
• How many supervision hours can I anticipate collecting with you each month?
ADDITIONAL USE CASES

• International students
• Deployed military/military families
• Ongoing supervision
• Peer consultation
• Continuing education ([https://www.nbcc.org/resources/nccs/earnce](https://www.nbcc.org/resources/nccs/earnce))
Supervision/Consultation (Limit of 25 clock hours)

Continuing education clock hours can only be granted for formal consultation/supervision with a clinical focus received on a regular basis. Credit cannot be granted for supervision you provide to others. List the start and end dates and the site where you received supervision, as well as the name and credentials of your supervisor. A signed letter from your supervisor is required for documentation. Supervision for academic credit should be listed under coursework. A maximum of 25 contact hours can be granted in a certification cycle for supervision taken for academic credit. This supervision must appear on your transcript or grade report.
HI.

LET'S DISCUSS.
Each state's requirements for clinical supervision hours vary and may change periodically.

Each state's licensure board serves as the ultimate authority for answering questions related to the use of technology for clinical supervision.
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