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Psychotherapy & Clinical Supervision
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Purpose

Beginning clinical supervision toward licensure is an important (and exciting!) milestone in your professional journey. I'm excited to partner with you during this phase of your growth and development.

Throughout our time together, I'll step into different roles as needed– mentor, consultant, facilitator, and evaluator– always with the intention of supporting your learning, confidence, and clinical skill. We'll talk more about what each of these roles means and how they may show up in our work during our introductory meeting.

This form is designed to help you get to know me as your supervisor, offer a clear overview of the supervision process, and create a shared understanding of what you can expect. My hope is that this sets the foundation for a collaborative, supportive, and meaningful supervision experience.

Professional Disclosure

I earned my Master of Social Work at the University of Maryland School of Social Work and I am licensed by both the Maryland Board of Social Work (22758) and the Oregon Board of Licensed Social Workers (L10218). I have been licensed as an LCSW since 2020. I have met all requirements for supervising CSWA's in the State of Oregon, including over 15 hours of course work on clinical supervision.

My clinical experience has largely focused on health behavior, trauma, depression, anxiety, relationship concerns, and comprehensive clinical assessment. I have worked primarily in healthcare settings, where I have provided both case management and psychotherapy to individuals, couples, and families across the lifespan. This experience has allowed me to support clients in navigating complex medical systems while also addressing the emotional, relational, and behavioral aspects of their well-being.

I have completed training in a range of therapeutic modalities and most often draw from Accelerated Resolution Therapy (ART), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Solution-Focused Therapy, and attachment theory. I integrate these approaches thoughtfully and flexibly, tailoring my work to meet each client's unique needs and goals.

Supervision Process

Supervision is meant to be a collaborative and supportive space where we focus on providing high-quality care to your clients while also strengthening your clinical skills and professional identity. You can expect thoughtful, timely feedback on your work and an environment where you feel safe bringing questions, uncertainties, and challenges. I'll encourage you to be an active participant—coming prepared, arriving on time, and completing any agreed-upon tasks—so that our time together is meaningful and productive. These expectations are in place to help you grow in confidence, deepen your case conceptualization skills, and feel more grounded in your role as a clinician.

Supervision also invites reflection. At times, we may explore how your personal experiences, family of origin, assumptions, and biases show up in your clinical work. This can occasionally feel uncomfortable, especially when we're stretching your knowledge or challenging familiar patterns. When this happens, we'll approach it with curiosity and respect, always connecting it back to your development as a clinician. While supervision can certainly be reflective and growth-oriented, it is not a substitute for personal therapy. If personal concerns arise that would benefit from additional support, I may gently recommend that you seek your own counseling.

Our sessions may include a mix of case presentations, role plays, review of audio or video recordings (when appropriate and with proper consent), process recordings, and conversations about countertransference, cultural considerations, ethical questions, and challenges within your agency setting. I may also review samples of your clinical documentation when possible. I warmly invite you to ask questions, think through alternative approaches, raise ethical concerns, and explore new interventions. We will work together to set goals and create a supervision experience that feels both supportive and appropriately challenging.

Practical Issues

In order to fulfill the supervision requirements, we will meet on a __ (weekly/biweekly) __ basis for at least 1 hour per session.

Supervision services are offered under a pay-what-you-can model, at \$75-\$125 per 1 hour session. I do not require proof of income or other explanation.

Payment of \$__X__ is due at the time of each session. Accepted forms of payment include debit/credit card, Venmo, or another method we agree upon in advance. Sessions occur face-to-face, and may take place in person or through video-conference. Telephone sessions are permissible on a case-by-case basis.

Sessions must take place in a secure, private environment that is free from distraction. This is essential both for protecting client confidentiality and for supporting both of our abilities to focus and engage effectively. You should ensure that no other individuals are present during the session. If a private setting cannot be arranged, the session will need to be rescheduled.

If you're unable to attend a scheduled session, please notify me as soon as possible. Cancellations made with less than 24 hours' notice, or missed appointments (no-shows), will be charged the full session fee. If you arrive more than 10 minutes late, the session will be considered cancelled and the full fee will apply.

At times, vacations or special events may conflict with our regular meeting time. We both agree to provide as much advance notice as possible in these situations and will make reasonable efforts to reschedule within the same weekly or bi-weekly timeframe.

If you need to reach me between sessions, including in case of emergency, you may contact me by phone, text, or email. Unless the matter is urgent or related to scheduling, communication outside of our scheduled supervision time should be limited. If additional supervision time is needed, we can schedule it at my standard hourly rate.

As your supervisor, I will complete all documentation required by the Oregon Board of Clinical Social Workers. You are responsible for tracking your direct client hours and supervision hours and submitting a record to me every six months. Please review your professional goals and the Board's evaluation form regularly to ensure you are meeting all requirements.

Administrative Tasks and Evaluation

In my role as your supervisor, I will offer ongoing feedback throughout our work together. It's important to understand that supervision is an evaluative process. I am required to formally assess your clinical skills and submit a written evaluation to the Board every six months documenting your progress toward licensure.

While evaluation can involve some professional judgment, I am committed to being transparent and direct with you. If any concerns arise about your performance or progress, we will discuss them openly before I submit any report to the Board. You will not be surprised by the content of your evaluation.

As part of this process, I will be assessing your ability to:

1. Engage and establish rapport with a variety of clients
2. Synthesize information that is provided to you and formulate a direction for therapy

3. Working collaboratively with clients in the management of their care
4. Evaluate the effectiveness of your interventions and approaches
5. Practice from a culturally informed perspective
6. Maintain position of curiosity and entertain multiple perspectives
7. Utilize supervision and clinical consultation
8. Identify ethical concerns
9. The use of research and clinical theory to inform your practice

Termination

If at any point you feel dissatisfied with your supervision or with the evaluation process, I encourage you to speak with me directly. Open communication is important to me and I will make every effort to address your concerns.

You have the right to end supervision with me at any time. I ask that you provide advance notice so we can discuss your decision and plan next steps. Please keep in mind that, unless you have received a written exemption from the Board, you must be in supervision with me for at least six months for your supervision hours with me to count toward licensure.

I also reserve the right to terminate the supervisory relationship. If I am considering this step, I will inform you in advance so we can discuss my concerns and determine whether there are alternative solutions.

Reasons for termination may include, but are not limited to:

1. Withholding information necessary for sound clinical decision-making or that affects the supervision process
2. Violations of ethical or legal standards
3. Ongoing failure to follow through on recommendations made in supervision
4. Frequent or excessive cancellations of scheduled supervision sessions
5. Substance use or emotional impairment that interferes with your ability to provide safe and effective clinical services

My goal is always to support your professional growth while maintaining ethical standards and protecting client care.

Legal/Ethical Issues

The content of our sessions and evaluation is kept confidential, except when client safety is a concern. I will be in contact with your on-site supervisor as needed with your knowledge. I will ask for a meeting with them every 3-6 months and informally as needed. Please note

that this is included in the supervision session fee. Limits to confidentiality include, but are not limited to, the treatment of a client in a way that violates the ethical and legal standards set forth by professional associations and government agencies.

Statement of Agreement

My signature below indicates that I have read, understand, and agree to the information contained in this document.

Print Supervisee Name: _____

Supervisee Signature: _____ Date: _____

Supervisor Signature: _____ Date: _____