

Clinical Supervision Contract
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“Show up or choose to be present.

Pay attention to what has heart and meaning.

Tell the truth without blame or judgment.

Be open to outcome, not attached to outcome”

-The Four Fold Way by Angeles Arrien

Purpose & Scope of Supervision

The purpose of supervision is to support you in your ongoing professional and personal development toward becoming a licensed mental health clinician and/or registered art therapist. The process of supervision is collaborative and interactive and may include feedback, discussion, and experiential exercises on the following topics: clinical skills, ethical concerns, areas of personal growth, navigating systems/workplace issues, cultural humility, and countertransference/transference, among others.

Supervision Philosophy

My approach to supervision is grounded in relational, arts-based, and developmental models. This means that I will play various roles including an educator, evaluator, consultant, therapist, cheerleader, etc. Response art may be used by both of us to deepen our understanding of client and/or personal issues as well as for me to provide feedback.

Our relationship and alliance are essential for an effective supervision experience. An emphasis will be placed on open and honest dialogue about our relationship with a focus on repairing ruptures as they occur.

Scope of Competence as a Supervisor/Professional Disclosure

I received my Doctorate and Master of Science in Art Therapy and Counseling and from Mount Mary University. I am a Licensed Professional Counselor (LPC, C3252) in the state of Oregon and a licensed and board-certified art therapist (ATR-BC, 11-013; LCAT 10205607). I am an academic supervisor for practicum students in a graduate art therapy program and a supervisor for registered interns pursuing their LPC. I have completed a 30-hour Clinical Supervision training as well as doctoral coursework on supervision, ethics, and systems theory. I am a credentialed supervisor with the Art Therapy Credentials Board (ATCB).

My clinical experience is focused on obsessive-compulsive disorder (OCD), anxiety disorders, Body Focused Repetitive Behaviors (BFRBs, e.g. compulsive hair pulling, skin picking, etc) and co-occurring OCD and eating disorders. I specialize in

cognitive behavioral therapy (CBT), mindfulness, narrative therapy and the integration of art/experiential therapies with these modalities. I have past experience in psychiatric inpatient and outpatient settings, working with veterans in the VA hospital, with grief/loss, and adults with special needs.

Fees, Cancellation Policy

- Individual: rates vary
- Groups of 2 or more \$50/hr
- Fees are due at the time of each session and are payable by check, cash or apps such as Venmo or Cash
- If you no show or cancel within 24 hours of our appointment you will be charged the full fee of our session. Video conferencing and phone calls may be an option in the case of weather, sickness, etc.
- In the case of an emergency phone consults up to 20 minutes are no charge, 20+ minutes will be billed at the individual hourly rate.
- In the case that I cannot be reached, you have identified _____ as your backup supervisor.
- In the case of vacation or prolonged leave I will provide an emergency contact during this period.

Supervisor Roles and Responsibilities

As a supervisor my role is help you build skills and this may result in my being in the role of teacher, counselor and/or consultant. In these roles I abide by the ACA code of ethics, the ATCB Code of Ethics, the Oregon Administrative Rules, and the OBLPCT code of ethics. During supervision we will review your theoretical orientation, counter-transference, documentation, diagnoses, assessments and interventions, and work setting/systems issues. We may also discuss personal issues which impact your work. If we feel these issues are beyond the scope of supervision you will be encouraged and supported in finding a therapist. I will do my best to balance your need for privacy within our relationship with the need to collaborate with other supervisors, consult on issues that arise in supervision, and report issues to the board. Client information will remain confidential except in the cases of client welfare/public safety. I will provide formative and summative feedback to assist your growth as a clinician. We will develop and implement a plan to address problem cases, crisis, mandatory reporting and/or emergency situations.

We will collaborate on formal and informal evaluations, including 6-month evaluations required by the OBLPCT. I will sign off on relevant paperwork in a timely fashion and document our supervisory experiences. I am also required to notify your board if we terminate or have any interruption in supervision and/or

there are any ethical violations or concerns. For LPC supervision in the state of Oregon, our supervision must be face-to-face and up to 75% of our supervision hours may be conducted through electronic means.

If there is reason for remediation due to insufficient clinical training, supervisee impairment, or an ethical breach we will develop a plan together and include measures to make sure you are progressing. In some cases the supervision relationship may be terminated and/or I will contact the board.

Supervisee Roles and Responsibilities

For LPC interns in the state of Oregon you are responsible for understanding all of the requirements as outlined by the OBLPCT, including but not limited to including your supervisor's name and contact information on all professional materials, tracking 6-month review dates, and ensuring consistency with supervision during your internship. All supervisees are responsible for tracking client contact hours, supervision hours, and understanding what is required for their regulatory body.

You are expected to be on time to supervision, be engaged, and be willing to accept and give feedback. You are expected to prioritize issues related to legal, ethical, and safety concerns about client welfare including but not limited to suicidal or homicidal ideation or child or vulnerable adult abuse.

If you are considering changing supervisors and/or have any concerns, please address this with me first. If we are unable to resolve the issue together, I will assist with making a referral to another potential supervisor. To file a complaint against me you may contact OBLPCT (503-378-5499, lpct.board@oregon.gov) and/or the ATCB using the ATCB Statement of Ethics Grievance Form (877-213-2822, atcbinfo@atcb.org, 7 Terrace Way, Greensboro, North Carolina, 27403-3660)

Supervisor Signature

Date

Supervisee Signature

Date