

Supervisee Disclosure Statement

Information and Consent

I am pleased that you have selected me as your clinical supervisor. This document is designed to inform you about my background and to ensure that you understand our professional relationship.

I hold an M.S. in Counselor Education from the University of North Carolina at Greensboro, degree being received in 1996. I have been a Licensed Professional Counselor since 1999.

Supervision Services Offered/Models Used

Professional counselors can always benefit from continued professional development, and clinical supervision is one important way to promote self-assessment and development. Below I will describe my approach to counseling (as this may affect my interventions as your supervisor) as well as my preferred model of clinical supervision.

In working with adolescents and adults as a counselor, I believe in strongly encouraging the client's strengths and making a plan for action. My theoretical model is Community Reinforcement Approach, which is grounded in both behavioral therapy and social learning theory. The goal of this approach is to replace problem behaviors with healthy and adaptive skills and behaviors. This approach involves identifying the client's motivators or reinforcers and creating a plan of change around them.

Supervision includes your active involvement as well as efforts to improve your counseling skills and abilities. You will have to work both in and out of the supervision sessions. You will be asked to record sessions so that we might examine your skills and give you constructive feedback. Sometimes change will be easy and swift, but more often it will be slow and deliberate; effort may need to be repeated.

I take a developmental approach to clinical supervision. Counselors who are not continuously growing and developing both personally and professionally can become stagnant, and often do more harm than good with their clients. And while much can be gained by attending workshops and conferences, the real work begins when counselors turn inward, examining their own skills, as well as sharpening themselves as tools within the counseling session. As a clinical supervisor, I see my role as one to provide challenge and support while you look inside yourself in just this way.

If we are to work together we will need to specify goals, methods, risks and benefits of supervision, the approximate time commitment involved, costs and other aspects of your particular situation. Before going further, I expect us to agree on a plan to which we will both adhere. Periodically, we will evaluate our progress and redesign our goals if needed.

As with any powerful intervention, there are both benefits and risks associated with participating in clinical supervision. Risks might include feeling strong anxiety upon being evaluated, or experiencing uncomfortable feelings of anger, guilt, or sadness when working through your own issues which might affect your abilities to successfully function as a professional counselor. If you are willing to take these risks, I believe that the benefits of personal and professional growth will far outweigh the fleeting discomfort.

Confidentiality

I regard the information you share with me with great respect, so I want us to be as clear as possible about how it will be handled. I do not share anything outside of our supervision unless I am legally or ethically required to do so.

Explanation of Dual Relationships

As fellow professionals we may encounter each other outside of these supervision sessions. Please help me maintain an appropriate professional relationship as supervisor and supervisee within our sessions. These professional boundaries are needed in order for you to receive the most benefit from our time together.

Complaint procedures

If you are dissatisfied with any aspect of our work, please inform me immediately. This will make our work together more efficient and effective. Please feel free to ask if you have questions. Please sign and date this form as well as the Letter of Agreement. A copy will be returned to you and I will keep a copy in your confidential records.

Supervisor's signature

Date

Supervisee's signature

Date