ONLINE SUPERVISION: WHAT YOU SHOULD KNOW

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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.

















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Chapter 135-11 TELEMENTAL HEALTH

Rule 135-11-.01 TeleMental Health

Purpose: The purpose of this rule is to define TeleMental Health and to establish minimum standards for the delivery of services by a licensed Professional Counselor, Social Worker, or Marriage and Family Therapist using technology-assisted media.

- (a) Definitions:
 - Asynchronous store and forward means the transmission of a client's information from an originating site to a licensee at a distant site without the presence of the client.
 - 2. Distant site means a site or location from which services are delivered by a licensee via a technology-assisted media.
 - Licensee means a person licensed in the state of Georgia as a Professional Counselor, Social Worker or Marriage and Family Therapist, including Associate licensees.
 - Originating site means a site where a client is located at the time TeleMental Health services are provided via technologyassisted media or where the asynchronous store and forward services originates.
 - 5. Synchronous interaction means a real-time interaction between a client and a licensee located at a distant site.
 - TeleMental Health means the mode of delivering services via technology-assisted media, such as but not limited to, a telephone, video, internet, a smartphone, tablet, PC desktop system or other electronic means using appropriate encryption

GEORGIA TELE-SUPERVISION RULE

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.

ONLINE SUPERVISION ALLOWED IN MANY STATES





motivo







Motivo is a HIPAAcompliant video platform for:

- Finding a Supervisor
- Secure Video Sessions
- Scheduling
- Billing
- Hour Tracking
- Documentation



SUPERVISION PAIN POINTS



TIME AND EXPENSE

SUPERVISOR SHORTAGE



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SUPERVISOR FIT



ADMINISTRATIVE SUPERVISION

BEST PRACTICES IN **TELE-SUPERVISION**

DEFINITION: Virtual Supervision

Also called: Tele-supervision, Distance supervision, Remote supervision, Online supervision

Supervision through live, two-way video conference, using a HIPAA-compliant medium.

- Supervision Training
- Telehealth Training
- Board-Certified TeleMental Health Provider BC-TMH https://www.cce-global.org/credentialing/bctmh)
- Only with a supervisor licensed in the same state
- Review of rules by both supervisor and associate
- Clearly established emergency contact plan
- Supervision contract

https://drive.google.com/file/d/1gH15FbYGIJts01r3FjgS1kOttSHpQ1dx/view?usp=sharing

ETHICAL USE OF TELE-SUPERVISION

BEST PRACTICES IN TELE-SUPERVISION

Main rule: If you wouldn't do it in person, don't do it online.

Before Session:

- Inform those around you
- Closed door, confidential space
- Avoid backlight
- Close open tabs/app
- Appropriate dress
- Silence phone
- Login a few minutes early

During Session:

- Come prepared
- Lean in
- Eye contact with speaker
- Food/drink considerations
- Be an active participant
- Don't dominate the session
- Stay for the whole session



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 (<u>https://www.nbcc.org/resources/nccs/earnce</u>)

Board Rule Changes

Connected Generation

Video Technology Advancements

Rise in Online Education



HI.

LET'S DISCUSS.

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