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.
Clinical Supervision
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 is a HIPAA-compliant video platform for:

- Finding a Supervisor
- Secure Video Sessions
- Scheduling
- Billing
- Hour Tracking
- Documentation
SUPERVISION PAIN POINTS
TIME AND EXPENSE
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.
ETHICAL USE OF TELE-SUPERVISION

• 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/1qH15FbYGlJts01r3FjgS1kOttSHpQ1dx/view?usp=sharing
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 (https://www.nbcc.org/resources/nccs/earnce)
Board Rule Changes

Connected Generation

Video Technology Advancements

Rise in Online Education
HI.

LET’S DISCUSS.
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