

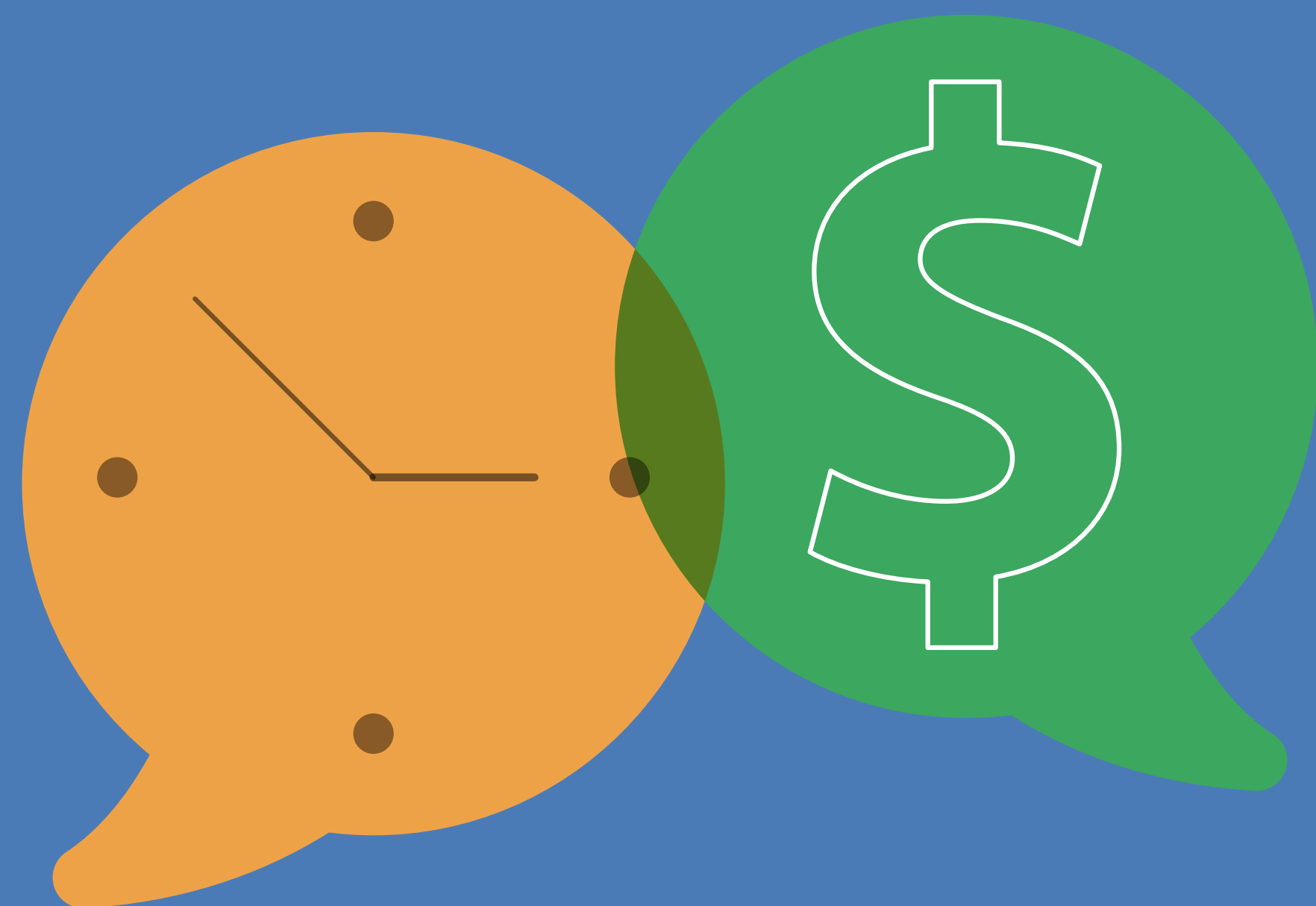
# ONLINE SUPERVISION: WHAT YOU SHOULD KNOW

Rachel McCrickard, LMFT  
AAMFT Approved Supervisor  
CEO/Founder, Motivo

# MY STORY

(But also, a lot of people's story)





For a therapist, getting your degree is  
actually the easy part.

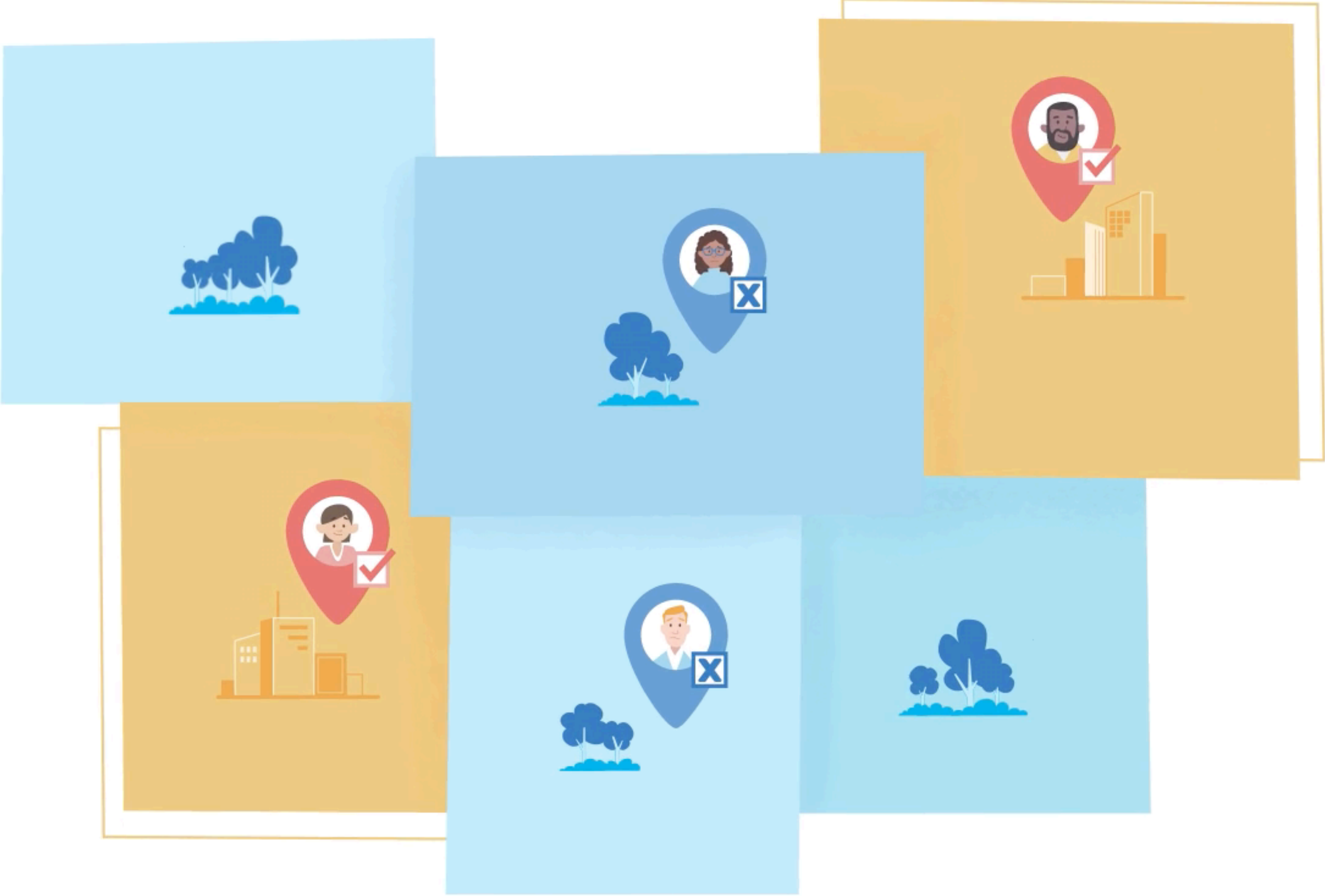
It's becoming  
licensed that is so hard.



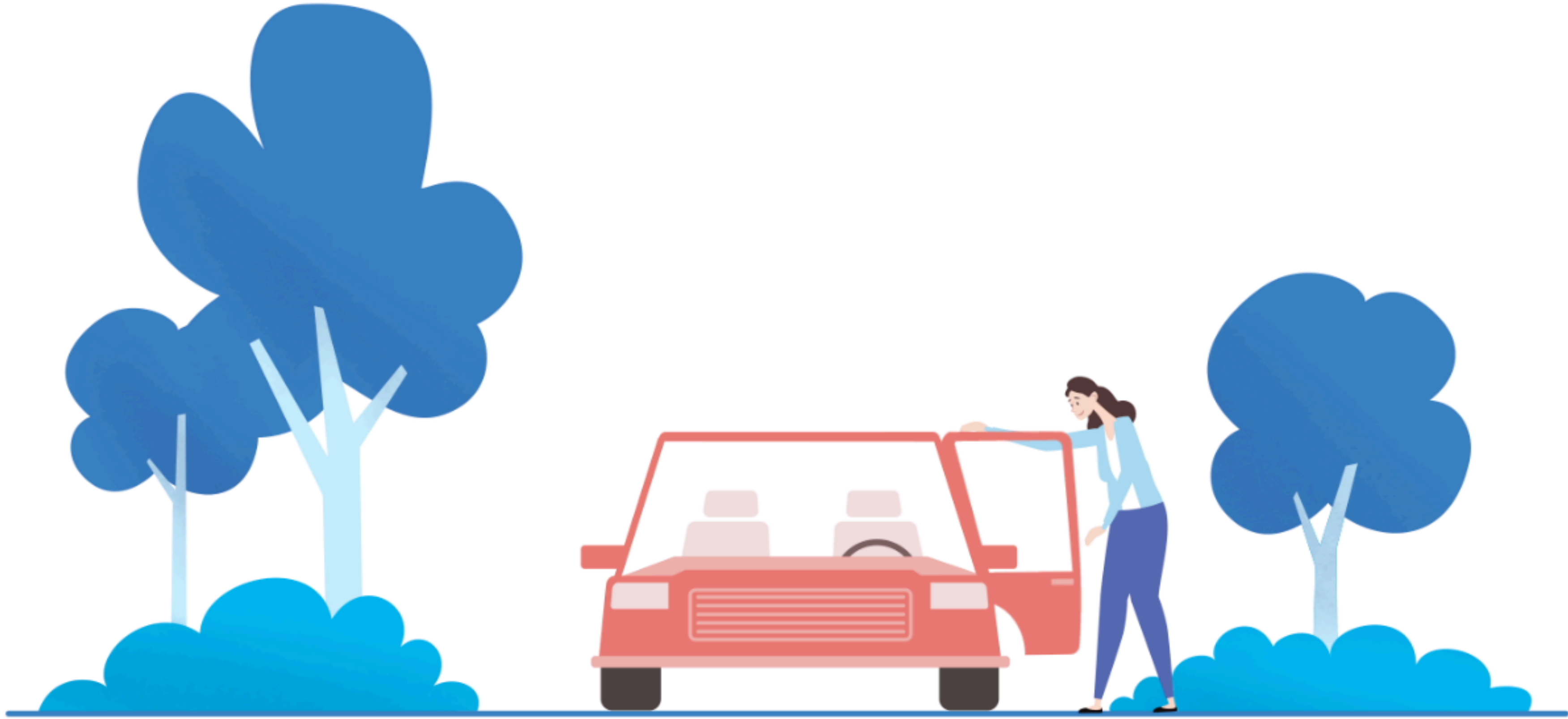


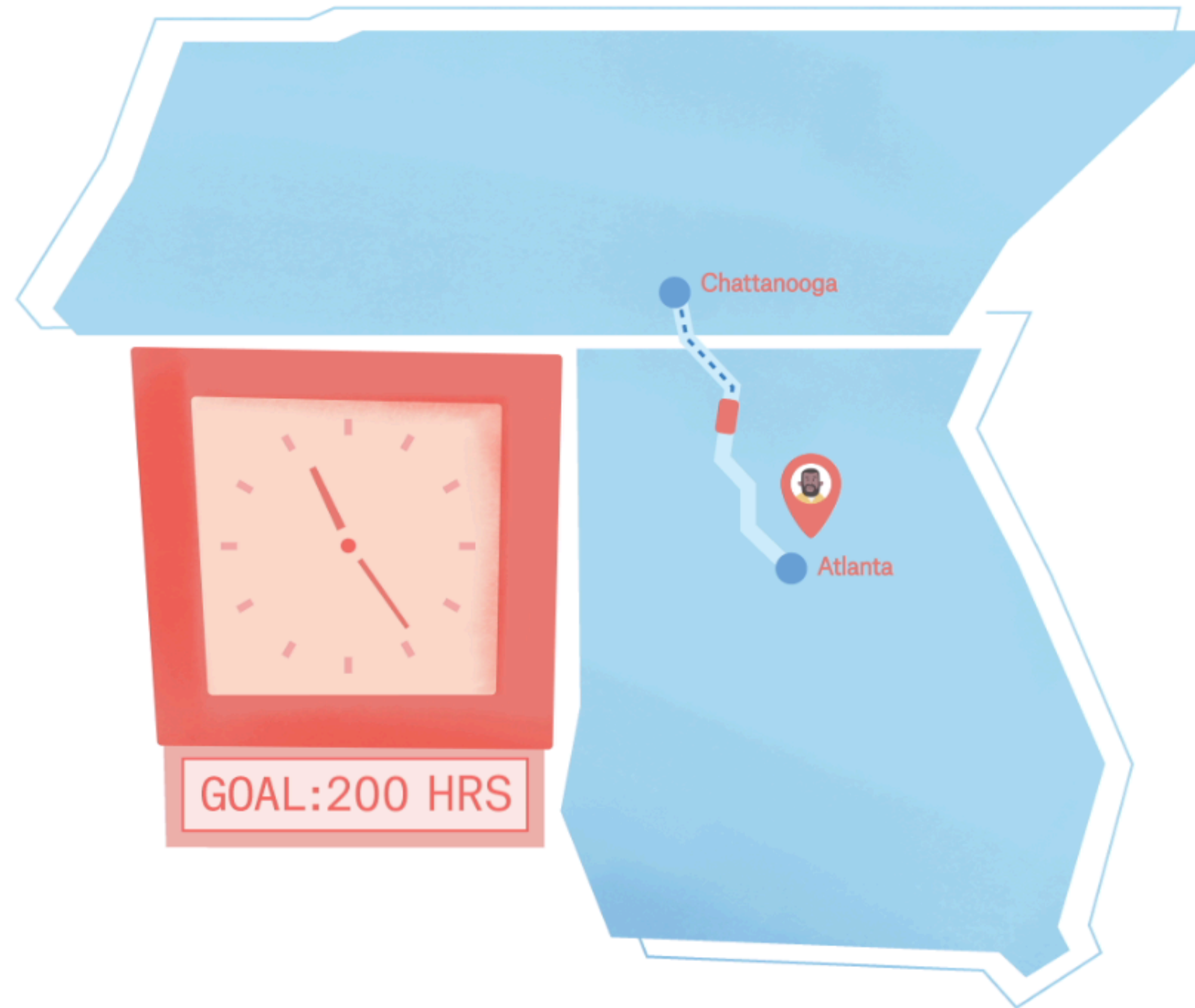
# Clinical Supervision





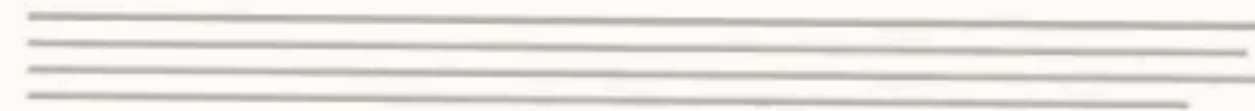






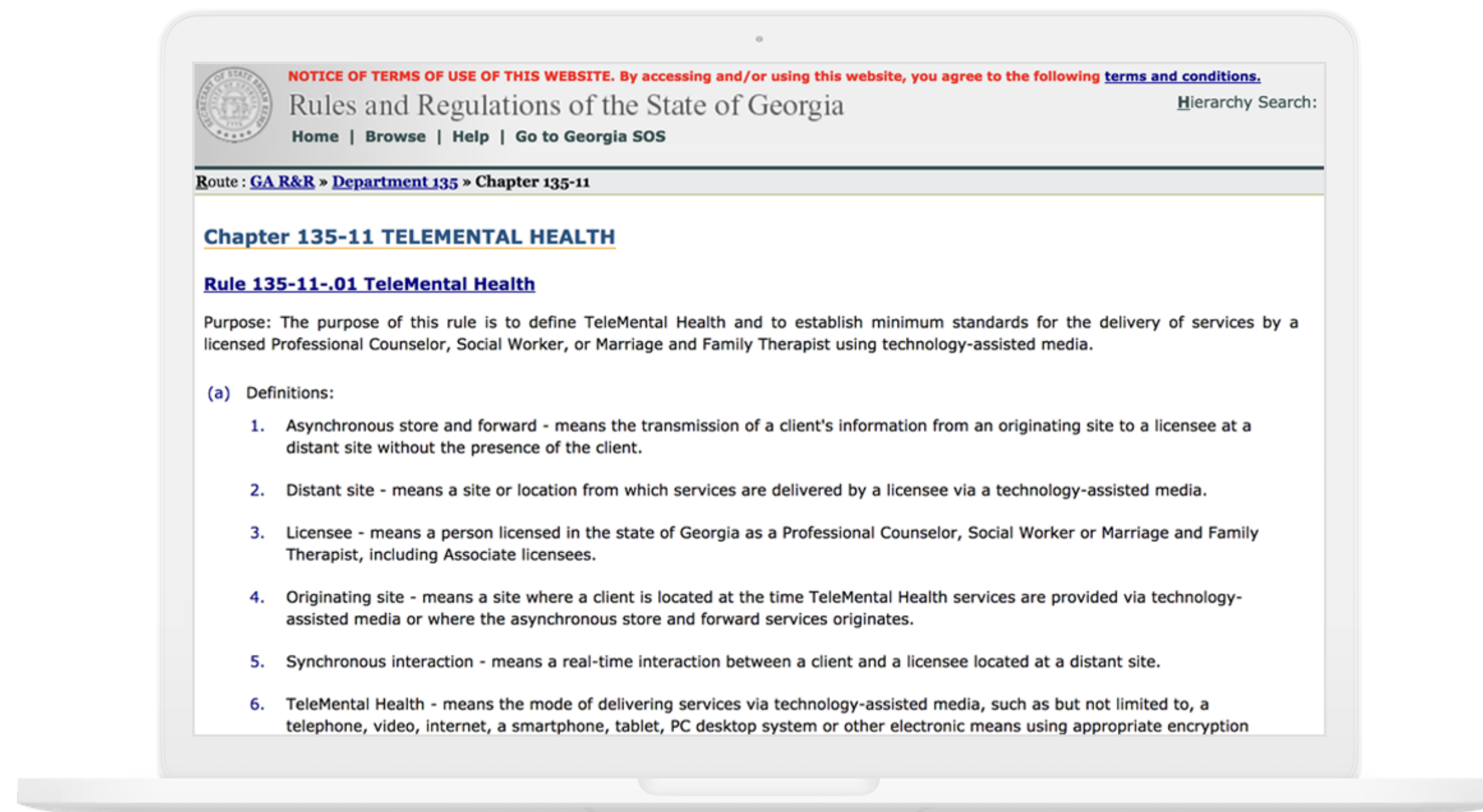


LICENSED THERAPIST



Lin Cng

John Zee



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.

# GEORGIA TELE-SUPERVISION RULE



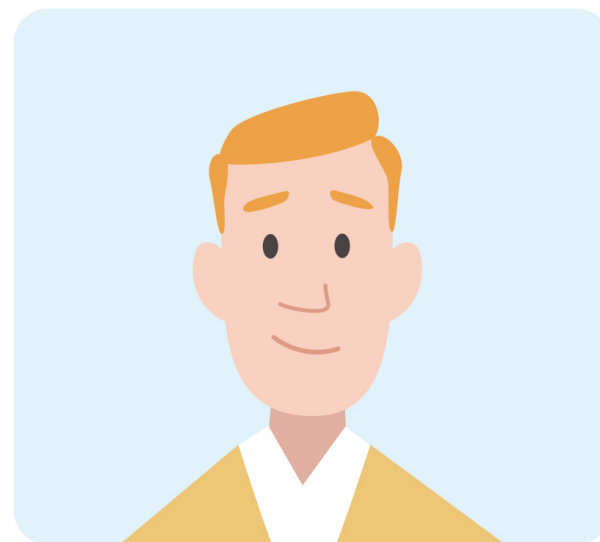
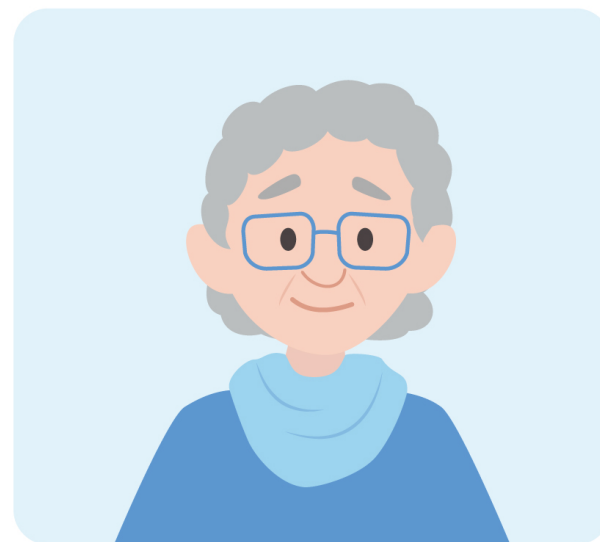
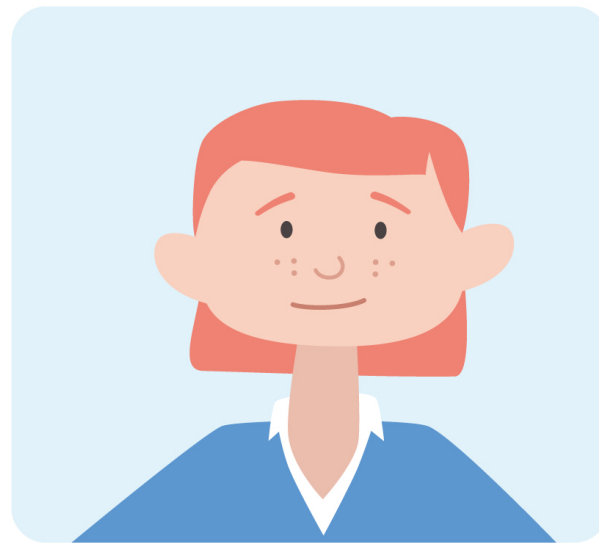


ONLINE SUPERVISION ALLOWED IN MANY STATES



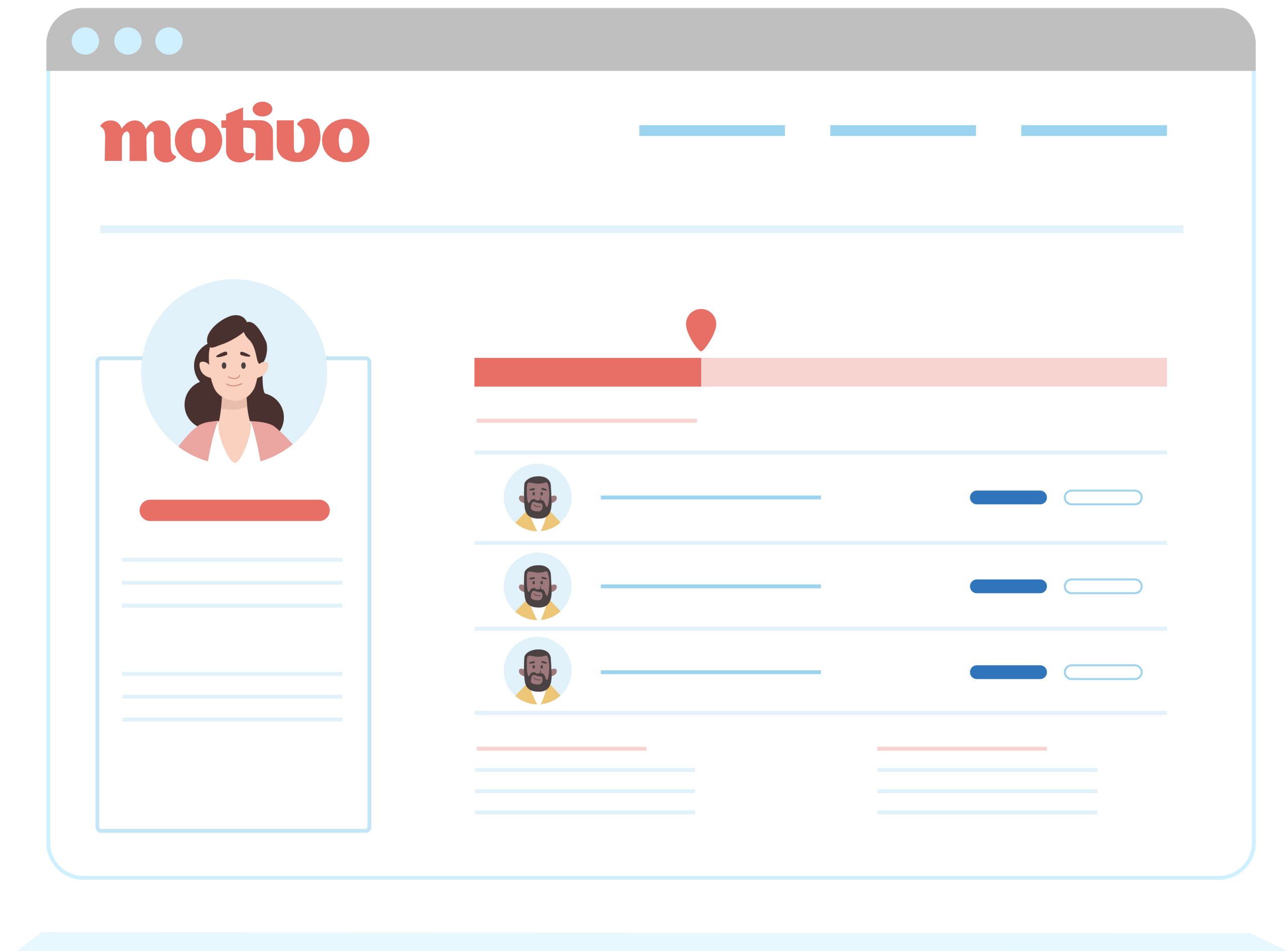


**motivo**



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 SHORTAGE



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/1qH15FbYGJts01r3FjgS1kOttSHpQ1dx/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?

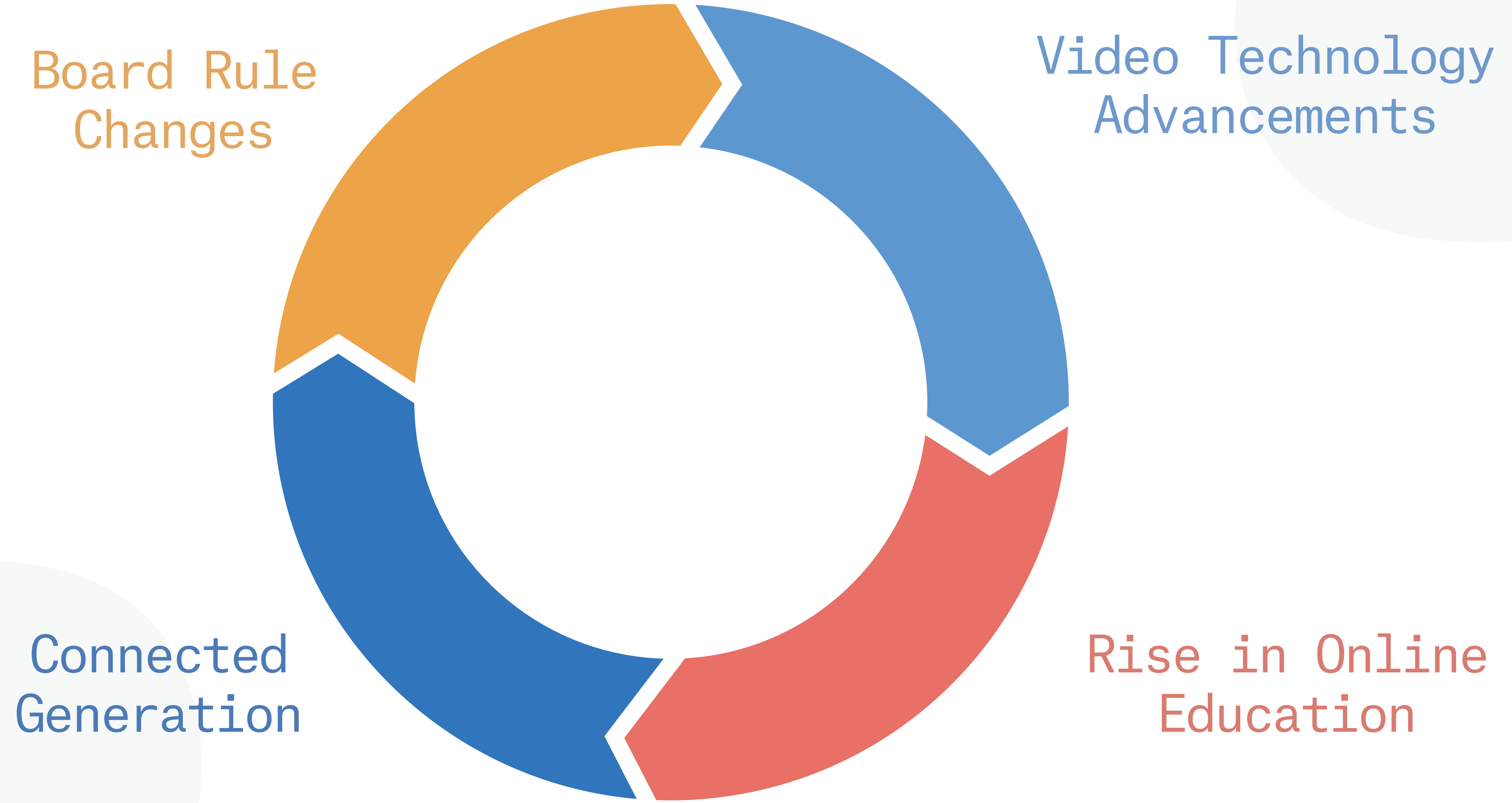
# QUESTIONS TO ASK SUPERVISOR

- 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>)



DEMO

HI.

LET'S DISCUSS.

RACHEL MCCRICKARD, LMFT

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