What to Expect From Supervision?

Supervision should support both your professional growth and your development as a clinician. My approach to supervision is collaborative, structured, approachable, and tailored to your individual goals and areas of growth.

Whether you are feeling confident, overwhelmed, uncertain, or somewhere in between, supervision is a space to ask questions, develop skills, process challenges, and build confidence in your clinical work.

Areas of Focus May Include

- Clinical conceptualization
- Documentation and treatment planning
- Ethics and professional boundaries
- Evidence-based practices
- Trauma-informed care
- Building therapeutic skills and confidence
- Burnout, self-care, and professional sustainability
- Navigating difficult cases and clinical uncertainty
- Licensure and professional development guidance

Supervision is individualized and may evolve over time based on your needs, goals, and current clinical work.

Supervision Structure & Pricing

Supervision sessions are conducted via telehealth for clinicians located in Ohio. If needed, occasional in-person meetings may be possible depending on your proximity to Lakewood, Ohio.

Standard pricing is as follows:

Individual: $55 / hour (Packages are available for those interested in more than 1 hour a week.)

Dyad (one-on-two supervision): $75 split between group members.

Group (3+): $30 per group member.

All payments should be made upon receipt of invoice. Please let me know in advance if you are having difficulty making payments so that we may discuss options!

Sessions may include:

- Case consultation and review
- Discussion of interventions and treatment approaches
- Review of documentation and clinical decision-making
- Exploration of professional challenges and growth areas
- Skill-building and feedback

Session frequency is determined based on your licensure needs, work setting, and scheduling availability. I recommend weekly meetings to start.

My Approach

I believe supervision can be both clinically rigorous and approachable. I do not believe clinicians can effectively learn how to be their best future professional selves if they feel intimidated. This idea is the core of my approach and it will guide our time together.

My goal is to create a supervision environment where clinicians feel comfortable asking questions, discussing uncertainty, and developing their professional identity without fear of judgment or intimidation.

At the same time, supervision is a serious professional process focused on ethical practice, clinical growth, accountability, and quality client care.

Expectations of Supervisees/Supervisor

Supervisees are expected to:

- Attend sessions consistently and on time
- Participate actively and honestly in supervision
- Bring relevant clinical questions, cases, or documentation concerns
- Practice within the boundaries of their licensure and competency
- Maintain professional and ethical standards
- Complete any required supervision documentation (e.g., supervision log

The supervisor agrees to:

- Provide supervision consistent with Ohio laws and ethical standards
- Support development of clinical competence and professional identity
- Assist with ethical and clinical decision-making
- Maintain appropriate professional boundaries

- Provide timely feedback and guidance
- Maintain supervision documentation as required