

FIND YOUR SOUL-SUPERVISOR

CHOOSE THE PERSON THAT WILL SUPPORT YOU BEST!

Many times, budding therapists will find a supervising therapist that is the most convenient to reach, but we'd like to offer another perspective here.

Remember that the Supervisor you choose will be one of the most influential people as you start your career, you know, the career you worked for endlessly because you wanted to spend your life serving and helping others. Wouldn't it make sense that it's important to start with a supervising therapist who will support you, encourage you, and help you to plug in to the mental health community? Clinician burn-out is real, and having a mentor in your corner can set you up to be balanced and successful. Here are some questions that will keep you on the right path.

BACKGROUND

- What are the characteristics of your favorite clients?
- Why did you decide to become a supervisor?
- Describe the success of your previous supervisees.
- What have been your biggest learning experiences and failures?

COMPATABILITY

- How will you support my success as a therapist?
- How would your other supervisees describe your approach?
- What will be the best mode to reach you for questions?
- What is your plan for self-of-the-therapist work?

LOGISTICS

- What days/hours/times will you be available for supervision?
- How many hours will you be able to supervise me per week?
- Which modalities do you focus on with your clients?
- How often will we meet for license requirement review sessions?

What are you looking for in your ideal supervisor? We are here for you if you have any other questions or ideas you might have about what you'd like out of your supervising therapist. Feel free to email Reina at reina@floridaarttherapyservices.com