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Informed Consent for Supervision

The following information is designed to give you information about the supervision process. Please read and sign at the bottom to indicate you have received this information.

Professional Disclosure

I have been a pastoral counselor in Asheville since 1996 and have been providing supervision since 2007. I am a Licensed Clinical Mental Health Counselor Supervisor (#S3249), licensed by the North Carolina Board of Clinical Mental Health Counselors, a Diplomate (#6538) certified by the American Association of Pastoral Counselors, as well as an ordained Baptist minister. I direct the Residency in Psychotherapy and Spirituality for CareNet of North Carolina, where I supervise and direct training for a group of masters-level therapists. I am a graduate of Columbia Theological Seminary, Decatur, Georgia (Doctor of Theology), Southeastern Baptist Theological Seminary, Wake Forest, North Carolina (Master of Divinity), and Furman University, Greenville, South Carolina (Bachelor of Arts). I completed a four-year pastoral counseling residency at the Georgia Association for Pastoral Care in Atlanta, Georgia, and I have done extensive training in use of Internal Family Systems therapy and Sensorimotor Psychotherapy. I completed a 36-hour AAMFT-approved supervision course at Louisville Presbyterian Seminary. I have also worked as a pastor, a hospital chaplain, and a community mental health center therapist. I am trained to provide individual, couple, and family therapy for adults (ages 18+) and adolescents (ages 12-17).

Supervision Overview, Supervisor's Orientation

Supervision is an investment in your professional and personal development and in your clients' well-being. For me it has been a rewarding, enjoyable, challenging, and transformative practice. A good supervisory relationship is built by two open minds and open hearts. It is distinguished by mutual trust, honesty, clear boundaries and expectations, affirmation, compassionate confrontation, and positive outcomes for your clients. It is both of our responsibility to help these things happen.

Supervision serves to protect the welfare of the therapist's clients and to advance the professional competence and development of the therapist. As your supervisor, I carry legal and ethical responsibility for your clients, and it is important that you communicate fully with me about your clients (particularly around issues of safety). In discussing your clients, most often we will pool our wisdom, and the interventions you use with your client will be arrived at and agreed upon mutually. Rarely, there may be an occasion in which I make a recommendation with which you disagree. In the spirit of openness and honesty which must support our work, I will want you to be honest with me when this is the case. I will listen to you carefully and reconsider my recommendation. If we are still not in agreement, you must follow my recommendation and document that you have done so (because of the liability I assume in the supervisory process).

I am also committed to helping you grow in four areas: conceptual groundedness (finding a theory that helps you help your clients), technical proficiency (improving the skills you use in client sessions), use of self (increasing self-awareness and use of self-awareness in helping the client), and professional advancement (completing requirements and developing your professional identity).

I bring multiple perspectives to my own clinical work, but most often I draw upon psychodynamic theory, Internal Family Systems theory, and a spiritually informed understanding of human beings. It is these

perspectives that most often guide my supervision, but I will also do my best to help you learn and apply whatever theoretical models are a best fit for you and your clients.

I believe that supervision is most useful when it focuses on the professional and personal functioning of the therapist. Professional functioning includes learning to apply theory and technique to the practice of assessment, case management, clinical interventions, record keeping, and the like. Personal functioning includes learning to notice your own internal and interpersonal process (countertransference), learning how to manage it, and learning how to use it for the client's benefit. Practically speaking, professional and personal functioning are inseparably related. But in the early phases of our supervisory work, most of our focus is likely to be on issues of professional functioning. In time, and only to the degree with which you are comfortable, we will explore doing more person-of-the-therapist work. While supervision that includes a focus on personal functioning is sometimes therapeutic, it is not therapy. The purpose of this work in supervision is to help you be of greater help to your client.

I adhere to the ACA Code of Ethics and the Center for Credentialing and Education's ACS Code of Ethics.

Responsibilities

Your responsibilities in the supervisory relationship include:

- identifying your learning goals;
- preparing for supervision by selecting the sections of audio- or video-tape you want to play (most often these should be related to one of your learning goals, but sometimes a particular problem arises clinically that it is important for you to address in supervision);
- being clear with yourself and with me what your questions or concerns are for each supervisory hour;
- bringing client chart with you for review of record-keeping;
- contacting me in all cases of client emergency (involving suicidality, homicidality, or suspicion of abuse);
- practicing honesty with me, especially when you think you have made a mistake with a client;
- reading (annually) and adhering to the Code of Ethics of your professional organization;
- apprising me of the number of clinical hours you are providing (so that we know you are meeting supervision standards);
- providing your clients a professional disclosure statement that identifies clearly your professional status and your involvement in supervision;
- providing me with necessary forms for submission to your licensing board;
- raising issues in our relationship that are impeding our work;
- preparing a supervisory contract (separate from this informed consent agreement) that includes: your name, education, licensure status, professional context; my name and licensure status; your learning goals (3 or 4), what you will do to work on those goals (e.g., readings, discussing on those issues in supervision, etc.), and how we will evaluate your progress (e.g., we will hear you doing x,y,z on tape; we will see x, y, z documented in your progress notes, etc.), and when we will evaluate; how often we will meet; where we will meet; what you will pay me; the methods we will employ (review of progress notes, review of audio- or video-tapes); how we will handle client emergencies.

My responsibilities include:

- overseeing all aspects of client case conceptualization and treatment;
- developing supervisory relationship and establishing emotional tone;

- helping you assess your strengths and weaknesses, establish learning goals, and progress towards greater professional competence;
- helping you develop a theory to support your clinical work;
- helping you identify therapeutic interventions and develop your clinical skill;
- giving you feedback, in each session and at agreed-upon evaluation sessions, about your clinical work and professional development;
- collaborating with you in preparing your supervisory contract;
- completing the forms required by your licensing agency;
- being available to you in cases of client emergency;
- maintaining the line between supervision and therapy;
- being respectful of you, your clinical point of view, your beliefs, etc., and engaging in dialogue about our similarities and differences
- maintaining confidentiality about you and your clients (except when legal or ethical considerations preclude).

Fees, Scheduling, Cancellations, Communication, Emergencies

My charge for supervision is \$120 for 50 minutes, payable (by cash, check, or credit card) at each appointment. Unless otherwise arranged, we will meet at my office at 239 South French Broad Avenue. If you need to reschedule an appointment, please call me as soon as possible to do so. If you need to reschedule less than 24 hours before our appointment, I may charge you for the time. It is best to leave me messages by phone rather than email. Do not communicate with me by email regarding any clinical matter. If you need to reach me to speak about a clinical emergency, leave a message on my office phone, where I check messages hourly. If you do not hear from me within the hour, please contact my colleague, Jeanine Siler Jones, at (828) 712-6632.

Complaints

If at any time you feel you have been treated unfairly or unethically, please let me know. If talking with me does not bring a satisfactory resolution to the problem, you have the right to contact the NC Board of Clinical Mental Health Counselors at P.O. Box 77819, Greensboro, NC 27417, telephone # (336) 217-6007.

If you have any questions, please feel free to ask before signing this form. By signing, you acknowledge that you understand the information above and are entering into a supervisory relationship with Russell S. Jones, Th.D.

Therapist Signature _____ **Date** _____

Supervisor Signature _____ **Date** _____

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