

## **Our Supervision Contract**

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*"Take chances. Make mistakes. Get messy."*

I first would like to say I am thankful to begin this supervisory relationship with you. This contract is to help us determine how we will work together to create a comfortable space for your growth and development to occur. This will be a collaborate document, and through our continued discussions, I hope you will achieve all of your supervision goals.

### **My Qualifications**

- 1) I hold a Masters in Arts degree in Marriage and Family Therapy (MFT) from Seton Hill University. I received my degree in 2014.
- 2) I am a Doctoral Candidate in Counselor Education and Supervision through Waynesburg University.
- 3) I received my AAMFT Approved Supervisor designation in 2020.

### **Nature of Supervision**

- 1) I supervise from an Experiential systems approach, which might be different than other supervisors or professors you've had in the past. My vision of supervision focuses more on how the world and the different "systems" with which we interact affect you and affect clients. These include family, school, current or previous partners, and multicultural elements like race, nationality, gender identity, sexual orientation, and many more.
- 2) My goal is to help you increase self-awareness as a clinician around these systems, and facilitate change in clients you work with. I also hope to challenge biases and "blind spots" within your own life to help influence your personal growth.
- 3) I hope to create a non-judgmental, warm, and safe environment for you to explore your needs on how to be different as a clinician. My view of supervision is to affirm and validate where you are, but also challenge you to take the next step toward change.
- 4) I will incorporate different techniques in supervision, and I will require some form of "live" material (audio or video tape) at every supervision session.

### **Counseling Background**

- 1) Throughout my career, I have worked in mobile therapy and outpatient settings.
- 2) I provide therapy mainly to individuals, groups, couples, and families with various presenting concerns: LGBT issues, depression, anxiety, self-esteem, conflict in relationships, and coping and living with HIV/AIDS.
- 3) I use Bowen Family Systems, Emotion-Focused Therapy, and techniques from other counseling theories to best help clients reach their goals.
- 4) I am working toward certification in Emotion-Focused Couples Therapy.

## **Confidentiality**

The issues you discuss in supervision will be confidential with the following exceptions:

- 1) Your performance and conduct in this clinical experience will be described in general terms when I submit evaluations of your work or speak about our work together in my own supervision.
- 2) If I am asked to provide information about your clinical experience in the form of a recommendation for a job, licensure, or certification.
- 3) Disclosures made in triadic or group supervision cannot be absolutely guaranteed as confidential. My role as supervisor is to create a “safe enough” environment. All members are required to respect and uphold confidentiality.

## **AAMFT Code of Ethics**

As a Licensed Marriage and Family Therapist, I follow the AAMFT Code of Ethics for all therapy and supervisory related issues. As an AAMFT Approved Supervisor:

- 1) I cannot provide therapy to students or supervisees.
- 2) I am aware of my influential nature as your supervisor, and so I will not enter into a dual relationship with you as my trainee; examples are business, close personal, or romantic relationships.

## **Length of Service**

- 1) Triadic supervision will be weekly for 50 minute sessions. Group supervision will meet Bi-weekly for two hours.
- 2) This supervision commitment is at least for 9 months.
- 3) We will create a presentation schedule so you will have adequate time to present cases.

## **Trainee’s Responsibilities in Supervision**

- 1) Prepare for and attend sessions.
- 2) Complete outside readings and assignments.
- 3) Prepare tape or transcripts for sessions where you will present.
- 4) Keep supervisor informed regarding all client issues and progress.
  - a. This can be done in supervision or by phone between supervisory sessions.
  - b. No client information should be discussed via email or text message.
- 5) Remain present for the times when other trainees are presenting.

## **Supervisor’s Responsibilities in Supervision**

- 1) Prepare for and attend all sessions.
- 2) Provide feedback each session and a formal evaluation at each quarter and at the end of the supervision contract.
- 3) Provide techniques and interventions around trainee theory of choice.
- 4) Pursue trainees around “self-of-the-therapist” issues.
- 5) Create a safe and welcoming environment for growth to occur.

6) Complete all required evaluations and paperwork as a supervisor based on institutions or licensing boards.

**Emergency Contact**

In case of emergency, you can reach me by phone 412-238-7274.

**Coordination with Other Entities**

As a trainee, you may have another supervisor or you may be a university student that needs supervision to complete your degree. I will request us to complete a Release of Information to be able to coordinate with your other supervisor(s) or university to give you the best supervisory experience.

**Complaints**

Trainees are encouraged to discuss any concerns with me first. I value honesty and transparency in any relationship, especially a supervisory one. However, if we cannot come to any resolution, we can find a neutral third party supervisor to assess and handle any complaints.

**Acceptance of Terms**

We agree to these terms and will abide by these guidelines. These terms can be changed at the discretion of the supervisor based on collaboration with trainees.

Trainee: \_\_\_\_\_ Date: \_\_\_\_\_

Supervisor: \_\_\_\_\_ Date: \_\_\_\_\_