


**Supervision--
Preventing
Burnout in
Candidacy**

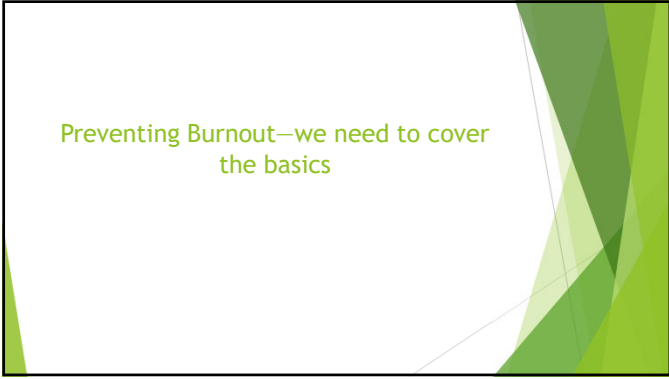
Holly Sapp, MA, LPC
she/her

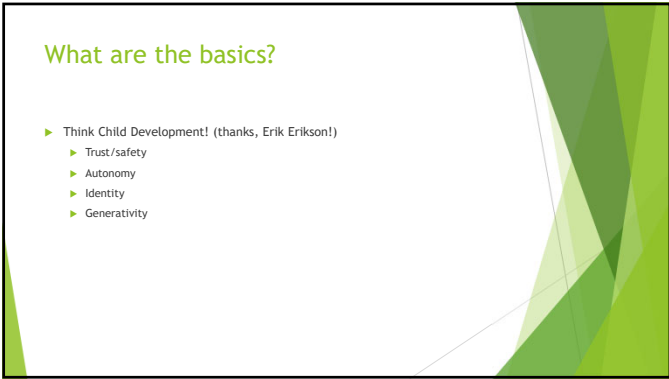


About Me:

- ▶ Graduated from SNU in 2011
- ▶ Private Practice until 2016
- ▶ Health and Wellness Coordinator at Deer Creek Public Schools 2016-2021
- ▶ 2021-present--Renew Counseling @ SNU Co-Director

**Why do we need to worry about burnout
for candidates for licensure or even
interns/practicum students?**







Components of Empowering for Safety

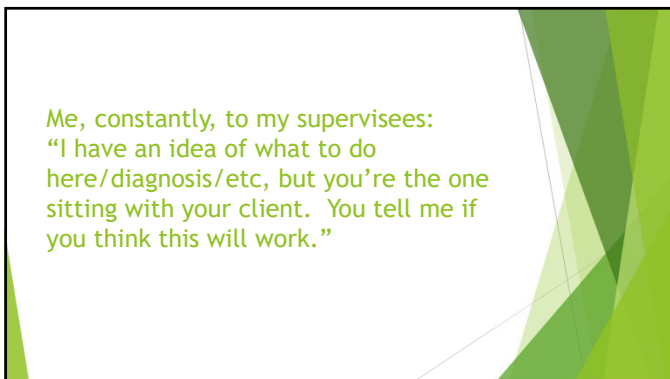
- ▶ Supervisor's Integrity
- ▶ Supervisor's Competence
- ▶ Protection from Supervisor

My own supervisor:
First client ever— “So, this client should probably be with a doctorate level therapist.”

- She never starts with clinical discussion. She always starts supervision with me as a person and asks how I am personally. Usually my answer is quick, but there have been days that were really hard and she let me be a person in the room without rushing me.
- She never tells me only what I did wrong or need to work on. She always includes what I did well also.
- She doesn't try to make the job look easy. Sometimes people try to pass things off as really easy to make themselves look/feel good at it. It has been so encouraging to know that someone whom I admire professionally struggles too and it's not a personal deficit.
- She is incredibly knowledgeable about and effective at her job. She usually has information to offer when I ask questions, but if she doesn't she's not afraid to admit it and help me find the answer.

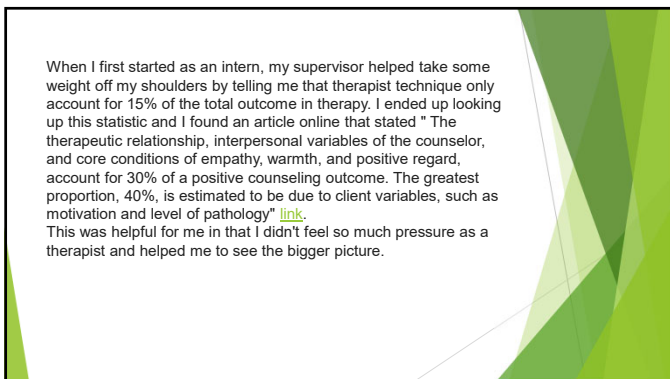


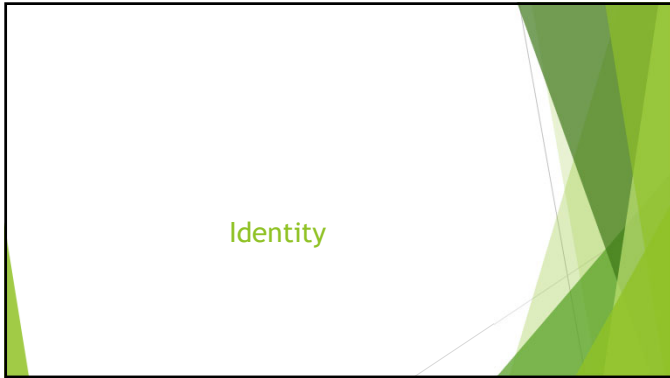


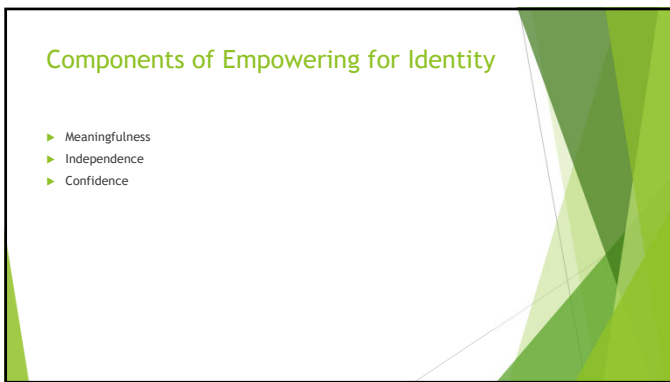


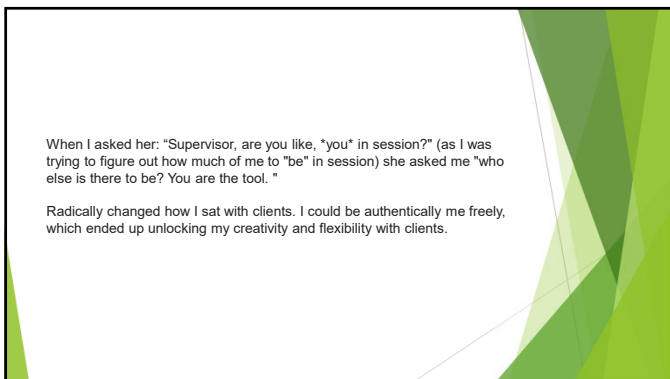












Generativity
Empowering your supervisee to give back to the profession

Components of Empowering for Generativity

- ▶ Supervisor's benevolence
- ▶ Meaningfulness
- ▶ Impact
- ▶ confidence

My supervisor used to always say, "process everything." I would describe certain aspects and experiences with my clients and she would say to process that with them. I had a client who was known and seen by several therapists before me (I was her 5th), and I remember how intimidating she could be in session. I told my supervisor that my client fills up so much space in session that I might as well not be there and she said, process that with her, "process everything." Once I found the right words to process with my client how I experienced her, it deepened our relationship and led to a fruitful counseling experience. I continue to apply that with my clients and share that piece of wisdom with my colleagues. It's hard to articulate how it helps my clients but it feels like small barriers are removed between us when I show them that "I see them." I believe it makes them feel like I'm not just treating them, but that I'm in the room with them by "processing everything."



