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Supervising Candidates Navigating Family Therapy

Goals of Supervision



TO FULFILL THE HOURS REQUIRED BY
THE LPC BOARD



TO PROMOTE DEVELOPMENT OF THE
CANDIDATE'S PROFESSIONAL
IDENTITY AND COMPETENCE

Context and Content of Supervision

1. The content of supervision will focus on the acquisition of knowledge, conceptualization, and skills within the defined scope of practice.

2. The context will ensure understanding of ethics, codes, rules, regulations, standards, guidelines (including consent, confidentiality/ privacy), and all relevant legislation.

When it comes to Family Therapy

01

Learning how your own personal biases will affect the success of the therapy session

02

Choosing a methodology that will work best for members of therapy

03

Understanding the dynamics of each member of the family and how to best help all members of the family.



Are all families the same?

Learning to not judge how other
families navigate raising a family



The image features a white background with several abstract geometric elements. A large orange semi-circle is positioned on the right side, containing the text. To its left is a purple circle. Further left are blue dashed lines and a green square outline. At the top, there are green lines forming a partial shape and a blue circle. The text is centered within the orange semi-circle.

Helping families deal
with their new normal



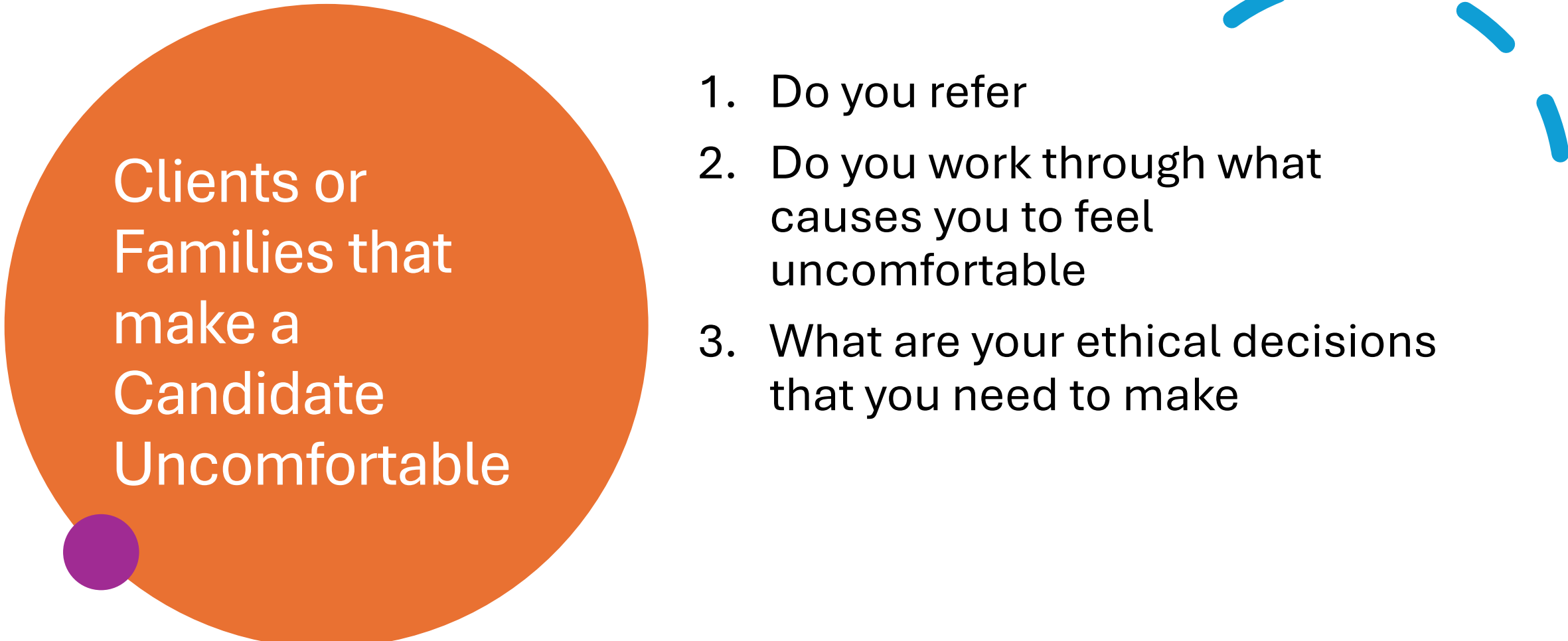
Play Therapy

- Play therapy and expressive arts supervision strategies are effective at increasing supervisee's awareness of self and others, supporting “out-of-the-box” thinking, opening supervisees' to their own strengths and intuition, and enhancing the supervisory relationship.

Food for thought

How to help candidates with awkward silence





Clients or
Families that
make a
Candidate
Uncomfortable

1. Do you refer
2. Do you work through what causes you to feel uncomfortable
3. What are your ethical decisions that you need to make

Discomforts in sessions

- Is it knowledge based
- Is it transference



Ideas

1

Using games in supervision

2

Using an art activity

3

Using the goals of their family/child and brainstorm activities that would work in therapy

child's world

Learning to do
therapy in the
child's world



Understanding Child Development




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Trauma can affect development

"I could do so much more at their
age"





Making sure
therapy is
done at the
pace of the
client

- Recognizing that because they are pushing themselves to complete goals when the client is not ready because their own insecurities
- 

Stressors of becoming a therapist

- You are not their therapist
- Is venting part of supervision?
- How is being a new therapist stressful?
- What are some ways you can help a candidate work through those stressors?



Teaching self-care

Be sure to do check ins and make sure they are taking care of themselves



Teacher
Self Care

Setting boundaries in therapy can be difficult

Helping Candidates set Boundaries



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Boundaries vs. Discipline

01

Helping children
without creating a
negative space

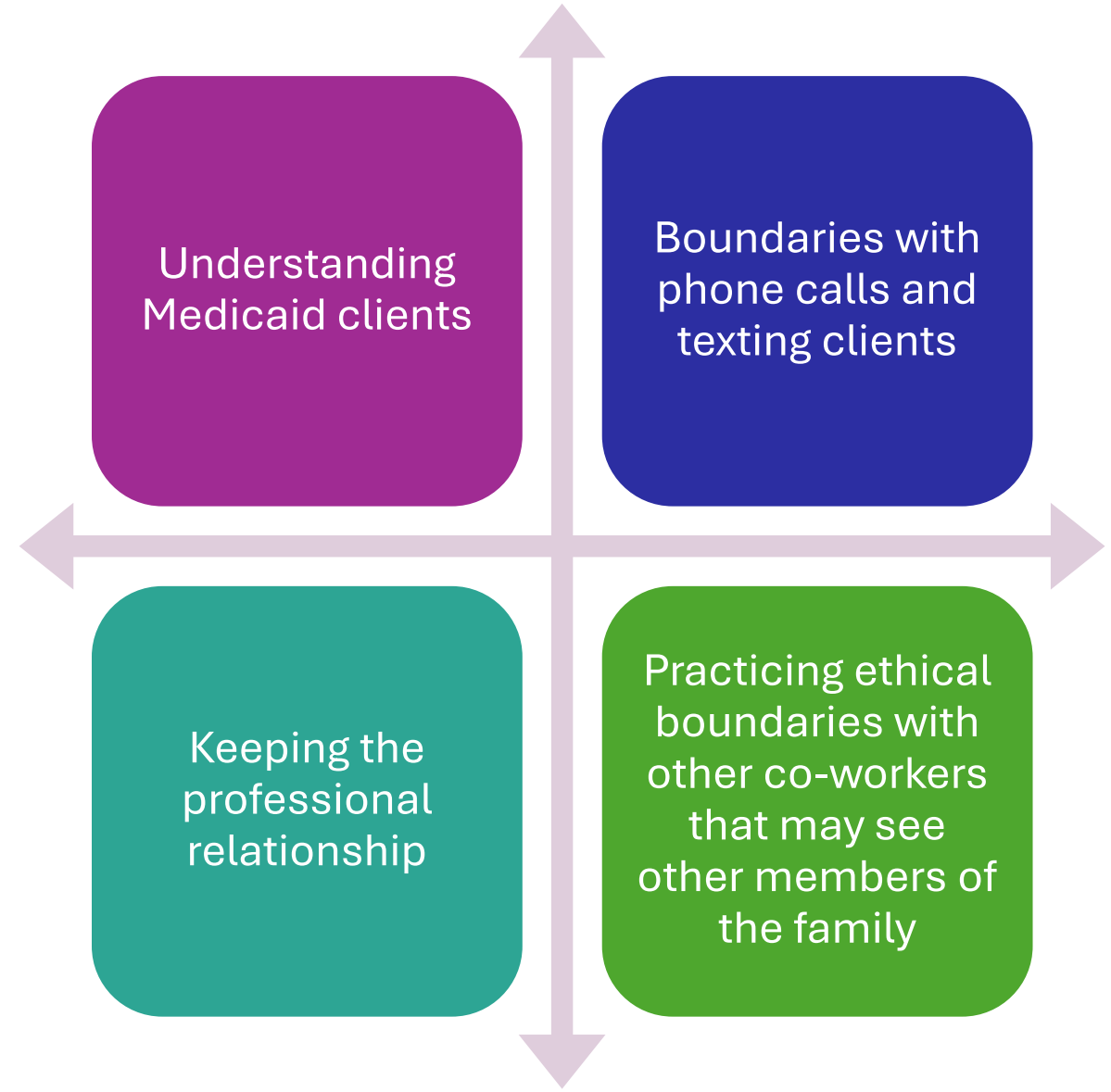
02

Helping families
change the
structure of their
parenting

03

Creating a safe
space for children
to explore
their own personal
boundaries

Setting Personal Boundaries





Please share your
experiences

