

Clinical Supervision Professional Disclosure Statement

Brittany Cephas, M.Ed., LCPC (MD), NCC, Board Approved Supervisor
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Licensure and Qualifications

- Licensed Clinical Professional Counselor, Maryland
- Board Approved Supervisor, Maryland
- National Certified Counselor (NCC) National Board-Certified Counselors

Professional Affiliations

- American School Counseling Association (ASCA) Member, since 2013
- American Counselor Association (ACA) member, since 2021
- PSI CHI National Honor Society Member, since 2011

Education and Training

- Doctor of Philosophy (PhD) Counselor Education and Supervision, Walden University, Present
- Master of Education School Counseling, Loyola University Maryland, MD, May 2014
- Bachelor of Applied Psychology, Coppin State University, Baltimore, MD, December 2011
- Associate of Arts, The Community College of Baltimore County, Catonsville, MD, May 2009

Clinical Supervision and Experience

I am competent and experienced in providing the following clinical supervision of counseling practice clinical mental health counseling and school counseling. I have over 15 years of experience in the mental health field and the public-school setting in the state of Maryland as a professional school counselor, where I supported students in grades k-12. I have received training in clinical supervision through a doctoral course where I am currently studying at Walden University. The training included a lab component of receiving *supervision of supervision* (SOS) while supervising master's-level counseling students who were in their school counseling practicum experience. I also completed a 10-week teaching assistant experience, whereby I received weekly "supervision of supervision" while I supervised master's-level counseling students in school counseling internship.

Private Practice Statement

All supervisees' privacy is important to me. I do not share client information with outside entities. My primary goal is to provide all supervisees with a warm and safe experience in which they feel comfortable discussing concern and receive support. Confidentiality is state law that requires mental health professionals to protect their client's and supervisee's privacy by not revealing the contents of therapy.

However, there are certain exceptions to confidentiality, noted below, which you should be aware of before you enter a supervision relationship. Please read these exceptions and be sure to ask your therapist if you have any questions.

Exceptions to Confidentiality:

- As a licensed mental health professional, I will immediately report suspected child abuse, dependent adult, and elder abuse.
- As a licensed mental health professional, I will notify the police and the intended victim, if a client or supervisee is threatening to cause serious bodily harm to said person (s).
- I will make every effort to secure the client's and supervisee's cooperation in ensuring their safety if they intend to harm himself or herself. However, if the client or supervisee does not cooperate, then I will follow safety procedures mandated by law to ensure their safety.

Philosophy and Approach

The approach to clinical supervision is essential to its process, the supervisee, and the supervisor. There are models of supervision that offer a conceptual framework for supervisors to help address the needs of their supervisees. My supervision approach comes from both cognitive-behavioral (CB) and discrimination models (DM). Although I do not consider myself a cognitive-behavioral therapist, clinical supervision is an appropriate space to utilize this approach with my supervisees to help them thrive. CBT approach to treatment is a structured way to help future counselors learn necessary behaviors as well as how to refrain from using inappropriate behaviors. Examples of structured activities or interventions when working with supervisees include check-in (i.e., ice breakers), goal setting, and feedback. Additionally, the DM focuses on how the supervisor interacts or offers support to the supervisee, and it looks at the supervisee's skills, such as intervention, conceptualization, and personalization. Overall, I will utilize cognitive-behavioral and discrimination models to create a system of support, while attending to my supervisee's strengths.

Expectations

Supervisee's Responsibilities in Supervision

- Prepare for and attend weekly sessions at the agreed scheduled meeting time.
- Keep supervisor informed regarding all client issues and progress.

- Keep supervisor informed regarding applicable personal matters that may have an impact on the supervision process.
- Complete supervision record at each supervision session.
- Document ALL supervision meetings and track hours.

Supervisor's Responsibilities in Supervision

- Prepare for and attend all sessions.
- Help supervisee create a goal or plan for success.
- Provide feedback each session and a formal evaluation.
- Review client case notes and other materials for quality control purposes.
- Complete supervision record at each supervision session.
- Maintain licensure as a Licensed Clinical Professional Counselor (LCPC) in Maryland and status as an approved clinical supervisor.

Confidentiality and Limitations

Please note: All issues and concerns supervisees discuss in supervision will be confidential with the following exceptions:

- Your performance and conduct during your clinical supervision experience.
- Details regarding your clinical experience in the form of a recommendation for a job, licensure, or certification.
- I will take every measure to encourage confidentiality group disclosures, however I cannot guarantee that all disclosures will be confidential.
- If I seek consultation for my supervision of your client work.

Fees and Payment

The fee for one hundred hours of clinical supervision is \$500, due at the time of signing this agreement or \$50 per hour, due at the time of supervision.

Emergency Contact

In case of emergency, you can reach me via email at bcephas@grow-minds.com or at my office (301) 679-0722.

Termination of Contract

As a clinical supervisor and gatekeeper to the counseling profession, I take my responsibilities seriously. The role of a clinical supervisor is to guide, mentor, and ensure the professional development of counselors under their supervision. Clinical supervisors uphold the ethical standards of our profession and safeguard the welfare of our clients. Therefore, if I have concerns about your commitment and suitability, then they will be addressed accordingly. Nonetheless, the supervisor and supervisee both have the right to terminate the supervision contract at any

time. Though, both parties must present a written communication describing the reason for requesting the termination.

Grievances and Reporting Procedure

I abide by the NBCC, ACA, and ASCA national model Code of Ethics as well as the CCE’s Standards for the Ethical Practice of Clinical Supervision. Although supervisees are expected to discuss any concerns with me first, should you deem it necessary, it is your right to file a complaint against me with any of these organizations should you feel I am in violation of any of these codes of ethics.

Acknowledgement and Consent for Supervision

By signing this disclosure, you acknowledge and agree to the terms listed above. We agree to these terms and will abide by these guidelines.

Acceptance of Terms

Supervisee: _____

Date: _____

Supervisor: _____

Date: _____

References

Bernard, J. M., & Goodyear, R. K. (2019). *Fundamentals of clinical supervision?* (6th ed.). Upper Saddle River, NJ: Pearson.

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