

SUPERVISED CLINICAL EXPERIENCE

Thinking about Providing Clinical Supervision? 9 Reasons Why You Should Take the Plunge

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Providing clinical supervision involves offering professional support, reflection, and learning, which can help contribute to individual development. Is this something that you feel you'd excel in, but aren't quite sure whether you're up for the task?

Diving into this exciting new venture can be beneficial for your career, the clinicians you supervise, therapy clients (both yours and theirs), and the profession at large. So, if providing clinical supervision is something you've been on the fence about, take a look at the list of benefits below for some much-needed encouragement. After considering the pros, you may just be ready to take the leap!

Reasons to Consider Providing Clinical Supervision

Supervision Improves a Supervisee's Practice, Directly Enhancing Patient Care

Obtaining a license to practice comes with an expectation of providing high-quality care. By mentoring and guiding less experienced practitioners, you're setting the standards for how their clients should be treated, shaping competent, confident clinicians who can deliver exceptional service. At the same time, you're offering a great opportunity for them to learn from experience by offering a safe space for supervisees to ask questions and raise concerns along the way. Working together to strengthen individual development will inevitably enhance treatment outcomes.

You Can Model How Prioritizing Self-care Helps Clinicians Avoid Burnout

maintaining a balanced practice creates a baseline for budding clinicians to do the same. You'll be demonstrating that taking time for self-check-ins and knowing when to step back a bit is not only acceptable, but necessary for running sustainable practice. Through supervision, you can share strategies for managing stress, setting boundaries, getting enough sleep, and following a set "me time" routine, thereby fostering resilience and career longevity.

It's a Way to Boost Income, Build Your Brand, & Create a Positive Professional Reputation

Delivering quality supervision can help you develop a positive professional reputation in the field while also providing a one-of-a-kind opportunity to expand your reach. For practice owners, these factors work together to increase visibility, thereby creating a noteworthy presence in the market.

Why is this important? Diversifying your skill set will allow you to grow your network, leading to more advanced career opportunities in the long run. It will also enable you to ramp up your income stream as you become a trusted source in both client care and clinical supervision.

Affords An Opportunity to Foster Two-way Knowledge & Experience Sharing

The collaborative nature of supervision promotes approaching situations in innovative ways, boosting a supervisor's problem-solving skills just as much as their supervisees'. Bouncing ideas off a colleague will help both of you develop well-thought-out strategies that will lead to superior client care on both sides of the fence. This is a vital tool that doesn't get left behind once the partnership ends. You can carry into practice your new and improved approaches and use them whenever needed.

Keeps You Up to Date with Field Developments

Mentoring others requires you to stay in the know and pass along relevant field developments. Of course, it's best practice to do so with or without supervisees on your schedule, but the supervision model offers

you can't afford to miss out on the latest happenings. Noting new trends and furthering your knowledge makes you not only more trustworthy in the eyes of supervisees but also a more adept clinician overall.

Promotes a Sense of Personal Fulfillment

Watching your supervisees grow and succeed under your guidance can be incredibly rewarding. Knowing that you play a pivotal role in their professional development and contribute meaningfully to the future of healthcare improves self-efficacy and boosts confidence. Feeling fulfilled in your career path can lead to the realization that you're not only earning a paycheck but also following your purpose, which fosters a sense of inner peace that can improve your overall health and well-being.

Hones Often Overlooked but Equally Important Soft Skills

While it goes without saying that supervisors should possess technical skills and knowledge that they can share with clinicians, soft skills are equally important to career success – and personal success for that matter. Soft skills are abilities that enable individuals to interact well with others, including communicating effectively and excelling in teamwork, focusing on mutual problem-solving and adaptability, and creating efficiencies in time management.

Soft skills also refer to the emotional intelligence therapists need to provide empathy, congruence, and unconditional positive regard – the fundamentals of the therapeutic relationship. Through supervision, you can routinely practice active listening, soliciting open-ended responses, offering reflections, and utilizing other important methods of rapport-building and developing two-way success in your practice.

Provides an Opportunity to Fine-tune Teaching & Leadership Abilities

Offering supervision necessitates clear communication, patience, and the ability to convey complex concepts in easy-to-understand ways. This process reinforces a supervisor's technical skills and hones their ability to provide constructive feedback in a supportive learning environment. In addition to

success in the field.

Can Lead to Long-term Mutually Beneficial Relationships

As a supervisor, you provide unparalleled guidance to those you work alongside, ultimately creating a dynamic where both parties grow and thrive, even after the fact. This ongoing exchange nurtures trust, enhancing professional development and contributing to the overall strength and cohesion of the therapeutic community. Once your supervisee has a strong foothold in the field, you may see an increase in word-of-mouth referrals as a way of expressing gratitude for your mentorship. At the same time, you'll have a go-to for client referrals when you're unable to add them to your own caseload. If your supervisee pursues certain specializations, their name can be an especially useful resource to keep in your back pocket.

Have Hesitations? Here's How to Effectively Overcome Your Fears

Understandably, even with knowledge of the above benefits, considering whether or not to add a new credential behind your name can induce some reservations. You may have concerns about managing time commitments, maintaining your new qualification, increasing practice liability, or continuing to provide quality care to your own clients. You may also be worried about 'imposter syndrome,' wondering if you can give your supervisees what they need to succeed.

First and foremost, it's important to note that all of these concerns are valid, and they *should* factor into your decision-making. But despite these hesitations, many therapists find the benefits of being a supervisor far outweigh any 'what-ifs.'

Let's take a closer look at these hesitations and counter each in turn:

...ing your own schedule. However, you can overcome this fear by implementing effective time management strategies such as creating to-do lists and prioritizing tasks, setting realistic goals for yourself, and handing off to-dos to others whenever possible.

- **Maintaining Your New Qualification:** Once you obtain a new credential, it's essential to engage in continuous learning, which can be both costly and time-consuming. At the same time, the income you'll generate and "in vivo" skills you'll learn through clinical supervision will offset any added costs, including the time it takes to keep the credential active.
- **Increasing Practice Liability:** Taking on additional responsibilities in the workplace can increase liability. Thus, it's only natural to worry about the legal and ethical implications of becoming a supervisor. However, offering supervision requires that you stay on top of professional standards of practice. So, while added responsibilities may be unavoidable, you'll also easily acquire the knowledge needed to avoid any legal issues.
- **Continuing to Provide Quality Care:** Offering supervision and therapy services at the same time will inevitably be a bit of a balancing act, and you may be worried this will mean sacrificing quality care. Openly communicating these changes with your clients will ensure expectations regarding time allotment for both remain clear. At the same time, relying on effective time management strategies, as noted above, will enable you to thrive in both capacities.
- **Impostor Syndrome:** Impostor syndrome involves feeling like a fraud or doubting one's abilities despite having the skills needed to be successful, and it commonly occurs when getting acclimated to a new position. Overcoming this phenomenon means mastering the ability to challenge negative self-talk, seeking positive reinforcement from mentors or peers, and focusing on tangible progress made along the way.

It's true, anytime you're working on a new skill, it can be intimidating. Yet, with practice and dedication, what's new tends to become second nature. Over time, being a supervisor will get easier, and before you know it, you'll function seamlessly in your new role, which will lead to greater career satisfaction. The bottom line is – you'll never know unless you try, and no one is going to force you to continue if you decide not to.

Providing Clinical Supervision

invaluable, and the impact is far-reaching. You may even look back one day and ask yourself, ‘Where would I be without it?’



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Sara Schwartz is a Licensed Professional Counselor. A serial entrepreneur, she owns multiple businesses and holds dual careers in mental health and media arts. In her free time, she is an avid spectator at her four kids’ sporting events, a home gardener, and a wannabe foodie who believes strongly in prioritizing R and R.

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