

Alana Brunner, LCPC-S, NCC, CCMHC
Practicum Supervisor
Boise State University

Professional Disclosure Statement for Supervision

I hold a Bachelor of Arts in Anthropology/Sociology from The College of Idaho and a Master of Arts in Counseling from Boise State University (BSU). I have worked in the counseling field since 2008 and hold a Licensed Clinical Professional Counselor (LCPC-4699) endorsement from the State of Idaho and am endorsed as a National Certified Counselor and Certified Clinical Mental Health Counselor through the National Board of Certified Counselors (NCC/CCMHC-275357). In addition, I am a Registered Supervisor through the IBOL. I have clinical experience working with individuals of all ages, providing group therapy and some experience working with couples. In addition to providing supervision for practicum students, I maintain a private practice, provide psychiatric screening and assessment in the Emergency Department at Saint Alphonsus Regional Medical Center and work at an Adjunct Professor for BSU. My primary approach to counseling is Cognitive Behavioral Therapy; however I hold all major guiding theories in high regard and will help you develop as a counselor within the framework of your identified theory.

Supervision Services: We will meet for supervision a minimum of 5 times over the course of the Spring semester. Each supervision session is approximately 50 minutes. You are expected to arrive on time to meetings and prepared to discuss client concerns, interpersonal process, and any other related topics. If you are unable to make it to one of our supervision meetings, please contact me ahead of time at alanabrunner@boisestate.edu or at (208) 859-9775.

Supervision requires your active involvement to improve your counseling skills and abilities. You will have to work both in and out of the supervision sessions. You will be asked to record your counseling sessions and show pre-selected segments of sessions during supervision. I, along with your peer(s) in supervision, will give you constructive feedback. Sometimes change will be easy and swift, but more often it will be slow and deliberate; effort may need to be repeated.

I take a developmental approach to clinical supervision. Counselors who are not continuously growing and developing both personally and professionally can become stagnant, and potentially do more harm than good with their clients. Although much can be gained through academic learning, the real work begins when counselors turn inward, examine their own skills, and sharpen themselves as tools within the therapeutic relationship. As your supervisor, you can expect warmth, empathy and nonjudgmental acceptance. At the same time my role is to challenge you in your growth to become a counselor. I will offer timely feedback, evaluations, and responses to inquiries. I will model respect, non-defensiveness, and professionalism.

As with counseling, there are both benefits and risks associated with participation in supervision. Risks might include anxious feelings upon being “evaluated”, or possible feelings of anger, guilt, or sadness when acknowledging your own areas of vulnerability which might affect your ability

to successfully function as a professional counselor. If you are willing to take risks, I believe that the benefits of personal and professional growth will far outweigh the fleeting discomfort.

Confidentiality: I regard the information you share with me with great respect, so I want us to be as clear as possible about how it will be handled. Because our supervision will sometimes be conducted within a group (triadic supervision/group supervision), I cannot guarantee the complete privacy of our conversations. If you tell me you do not want something revealed to the group at large, I will do what I can to fulfill your wishes. I will occasionally consult with other faculty members, when needed. Furthermore, at times I provide local trainings related to the topic of counseling supervision. In these instances, I may refer to my experiences as a supervisor. If I make reference to my supervision with you, I will do so in a way that disguises your identity. If I cannot make such a reference without revealing your identity, I will ask you to sign a waiver. If you do not agree to sign, I will not make identifiable reference to you. You are not required to waive your right to confidentiality at any time

Supervision Relationship: Supervision is a professional, mentoring relationship in which personal counseling is not appropriate. Please help me maintain a professional relationship as supervisor and supervisee within our sessions. These professional boundaries are needed in order for you to benefit the most from our time together.

Evaluation: Please review the student handbook and your current course syllabus for evaluation criteria. Mid-term and final grades are assigned by a supervisory group comprised of all supervisors that have worked with you throughout the semester. I will document our supervision time together. You have a right to copies of all supervision notes and evaluations.

I look forward to working with you as a practicum supervisor.

Alana Brunner, LCPC-S, NCC, CCMHC

Date

Supervisee's Signature

Date