

Supervision Informed Consent • Phil E. Foster, MDiv, LPC, NCC, DAPA

I am delighted that you have chosen to have supervision of psychotherapy practice with me. Please know that I consider this relationship to be one of mutual, sacred trust. I will endeavor to impart to you what I know about the therapy process and, of equal importance, will also share with you what I don't know. This brief letter will convey some of my background, orientation and expectations around the supervisory process.

I can't show you or tell you how to do psychotherapy. I can help you to discover some about how you do this work. My style is generally interactive although there will certainly be times when I don't have much to say. I am both gentle and confrontive. You will learn a great deal about me over the course of our work together; you must also understand that you know me in my role as supervisor and teacher. Be mindful of appropriate boundaries within our relationship.

My emphasis in supervision work is based on an integrative model. From the psychodynamic perspective we will explore transference and counter-transference phenomenon in both your counseling sessions and in the supervision process. There are some didactic elements in which I will instruct and assign tasks. Additionally, there is a strong consultation component in my supervision style. To this end you will experience peer supervision within our group (if applicable) as well as my individual supervision.

My theoretical approach is eclectic with emphases on psychodynamic, Jungian, mythopoetics and archetypal/transpersonal constructs. My primary developmental model is Erikson's stages. I am an Approved Clinical Supervisor through LPCA. I adhere to the ethical code of the American Mental Health Counselors Association (AMHCA) and the Georgia Composite Board's Code of Ethics.

I have been practicing psychotherapy for over 20 years. For ten years prior to my private practice of psychotherapy, I worked primarily in crisis intervention and traumatology. I received the Master of Divinity degree, honors program, from Emory University in 1975. Additionally, I spent 2 years studying counseling at Georgia State to obtain coursework for licensure. My practice specialties are men's/gender issues, spirituality, gay issues, initiatory/life stage development, health care and healing professionals' issues, artists' issues, consultation and supervision of psychotherapy. I work with individuals, groups, couples and organizations. A full copy of my resume is available for your inspection.

I have some expectations about our relationship. Please make every effort to be on time to our group and/or individual meetings. Try to arrive a few minutes early to relax, collect your thoughts and feelings and otherwise prepare for our time together. If in a supervision group we will rotate case presentation; please be prepared to present when it is your week to do so. We will make allowances for urgent need. If you come for individual supervision please have your audio session, verbatim or other materials ready to present. After hours I am available for life and death emergencies only. If you need to speak with me non-urgently please leave me a message at my office (404-314-8325); I will call you as quickly as possible.

The following supervisor expectations must be met. Your failure to do so will result in the termination of the supervisory relationship.

You must maintain a professional liability policy.

You must maintain membership in a professional counseling association (I encourage you to belong to LPCA).

You must review the Composite Board Code of Ethics on an annual basis.

You may not miss more than one scheduled supervision session in succession.

You must not miss more than one scheduled case presentation.

You must pay your account with me on a per session basis.

Supervision group meetings are Thursday, 5:30 to 7PM, 1st and 3rd Thursdays. Individual sessions are scheduled on an as needed basis. The current fee for group supervision is \$35/session; the fee for an individual session is \$50/hour. Commitment to supervision is for 6 months minimum. An exit interview is mandatory and is billed at the regular rate.

Supervision is not therapy although the line between the two is often difficult to ascertain. To some extent dealing with therapeutic issues is inevitable in supervision; however, please be mindful that neither your peers (in supervision group) nor I are your therapist. In my experience if you are going to do therapy then it is essential and helpful to be in therapy. I hope you will make that a priority. Further, I recommend (in no particular order) the following activities to enhance your growth as a therapist:

Exercise at least 3 days a week

Maintain a healthy diet

Get at least 6 hours of sleep each night

Have a strong social network outside of therapists

Attend peer consultation/supervision

Have a reading program to include professional material/journals, poetry, biography, and the classics (a recommended reading list is available to you).

Attend cultural activities on a regular basis

Have a spiritual community and a spiritual practice

Join and participate in your professional association (re: LPCA)

Strive to maintain a philosophical, humorous outlook on life and psychotherapy

These are career long tasks for promoting sound practice and an enjoyable life.

I look forward to our journey together.

Phil Foster, MDiv, LPC, NCC, DAPA

Date_____

Supervisee signature

Date_____