

Supervision Professional Disclosure Statement

Kimberly Skelton, LPCS, LCAS
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Qualifications

Kim received a Master of Arts degree in Community Counseling in 2005 and a Bachelor of Arts degree in Psychology in 2003, both from the University of Alabama. Additionally, she completed a post-master's addiction certificate program sponsored by the state of Georgia in 2009. In North Carolina, she is board certified as a Licensed Professional Counselor Supervisor (LPCS#9497) and a Licensed Clinical Addiction Specialist (#1862). Kim has worked as a therapist since 2005 and has been working in the helping profession since 2000. Since 2009, Kim has provided administrative and clinical supervision for both employees in a group therapy program and for interns at various treatment agencies.

Nature of Supervision

My approach to supervision is integrative, meaning that it is a blend of supportive interpersonal feedback, insight-oriented exercises and practical professional counseling skills. My approach draws heavily from David Powell's "Blended" model, developmental models and trust.

In addition to ongoing verbal, qualitative feedback throughout the supervisory relationship, supervisees are also evaluated through client evaluations, client retention and attendance, progress towards established goals.

In supervision, we will utilize modalities including, but not limited to, tape review, live observation and/or co-therapy. According to NC Administrative Code, each supervision session must include "raw data from clinical work which is made available to the supervisor through such means as direct (live) observation, co-therapy, audio and video recordings, and live supervision" (21 NCAC 53 .0208).

Counseling Background

Kim is trained to provide professional, relevant and effective counseling services for adolescents, adults and families. Kim's areas of special interest include mood disorders, trauma and traumatic grief, addictions, gender and orientation concerns and spirituality. Kim has completed extensive training in Eye Movement Desensitization and Processing (EMDR), an evidence-based treatment for trauma. Kim's theoretical orientation is integrative in nature, drawing from a range of theories and practices. She has special training in expressive arts therapy and often incorporates the creative process as a tool for meaningful self-exploration and understanding.

Regarding addictions work, she is heavily influenced by Mindfulness-Based Relapse Prevention and often weaves together education, support and experiential activities to facilitate learning and change. She often utilizes techniques from Dialectical Behavior Therapy (DBT) to teach mindfulness and distress tolerance skills.

Confidentiality

The issues you discuss in supervision will be confidential with the following exceptions:

- 1) Your performance and conduct in this clinical experience will be described in general terms when I submit quarterly reports and verification of supervision forms to the NC Board of Licensed Professional Counselors and other credentialing boards or when consultation with another professional is necessary.
- 2) If I am asked to provide information about your clinical experience in the form of a recommendation for a job, licensure, or certification.
- 3) Disclosures made in triadic or group supervision cannot be absolutely guaranteed as confidential. Although I will take every measure to encourage confidentiality and act appropriately if confidentiality is not upheld.

Session Fees and Length of Service

Supervision sessions will last for one hour unless supervisor and supervisee agree upon a longer period. Supervision

(individual, triadic and group) will be offered at no charge for supervisees who are either employed by or contracting with Willow Wellness and Recovery, PC or Widening Circles, LLC.

For supervisees outside the practice, fees are as follows:

Individual: \$100 per session | Triadic: \$50 per supervisee per session | Group: \$35 per session

Will discuss on an individual basis if a sliding scale is needed.

Methods of payment accepted are cash, check or credit card. Supervision is not considered a billable service under insurance.

Supervisee's Responsibilities in Supervision

- 1) Prepare for and attend sessions.
- 2) Complete homework or assignments.
- 3) Watch videotapes of counseling sessions and complete a tape critique.
- 4) Keep supervisor informed regarding all client issues and progress.
- 5) Maintain liability insurance at all times (minimum \$1M single incident/ \$3M aggregate)
- 6) Complete supervision record at each supervision session.

Supervisor's Responsibilities in Supervision

- 1) Prepare for and attend all sessions.
- 2) Provide feedback each session and a formal evaluation at each quarter and at the end of the supervision contract.
- 3) Review client case notes and other materials for quality control purposes.
- 4) Complete supervision record at each supervision session.
- 5) Maintain licensure as a clinical supervisor in NC and status as a NBCC approved clinical supervisor.

Emergency Contact

In case of emergency, you can reach me by phone at 205-792-0304.

Complaints

I abide by the NBCC, ACA, and NCBLPC Code of Ethics as well as the CCE's Standards for the Ethical Practice of Clinical Supervision. Although supervisees are encouraged to discuss any concerns with me first, you may file a complaint against me with any of these organizations should you feel I am in violation of any of these codes of ethics.

North Carolina Board of Licensed Professional Counselors
P.O. Box 77819, Greensboro, NC 27417
Phone: 844-622-3572 or 336-217-6007 Fax: 336-217-9450
E-mail: Complaints@ncblpc.org

Supervision Arrangements:

Generally, we will meet on the following day and time: _____

Supervisor and supervisee agree that scheduled supervision may occur at a different time based on scheduling.

Acceptance of Terms

We agree to these terms and will abide by these guidelines.

Supervisee: _____ Date: _____

Supervisor: _____ Date: _____