



# Wake AHEC Clinical Supervision in Behavioral Health Series

**MONDAY – FRIDAY, MAY 20–24, 2024**

Holly Hill Hospital – Main Campus • 3019 Falstaff Road, Raleigh, NC 27610

This series is designed to provide behavioral health supervisors with a variety of topics needed to successfully implement best practices and evidence-based models of supervision in their practice. The series will provide up to 30 hours of supervision-specific credits.

Programs in this series have been planned and supported through a partnership with Holly Hill Hospital.

IN COLLABORATION WITH

**WAKE AHEC**  
PART OF NC AHEC

RECRUIT  
TRAIN  
RETAIN





# Wake AHEC Clinical Supervision in Behavioral Health Series

## Target Audience

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This series is appropriate for behavioral health providers that provide clinical supervision or are interested in becoming a clinical supervisor.

## Registration Fee

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- **Half Day Programs: \$55**
- **Full Day Programs: \$95**
- Vouchers will be accepted.
- Fee will include online handout and online certificate of completion.
- Lunch will be provided.
- To assure quality programming and safety for all participants, babies and children may not attend this program.
- Call 919-350-8547 for our Inclement Weather Updates.

**Photo Policy:** Attendance at this activity grants permission for Wake AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

## Credit

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**NBCC:** Wake AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6477. Programs that do not qualify for NBCC credit are clearly identified. Wake AHEC is solely responsible for all aspects of the programs.

**NCASPPB:** Application has been made to the North Carolina Addictions Specialist Professional Practice Board for Substance Abuse Specific credit. Pending approval

**Category A NC Psychology Credit:** This program will provide contact hours (Category A) of continuing education for North Carolina Psychologists.

**Contact Hours:** Wake AHEC will provide contact hours to participants.

A participant must attend 100% of the program to receive credit. Partial credit will not be awarded.

## ADA Statement

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Wake AHEC is fully committed to the principle of equal educational opportunities for all individuals and does not discriminate on the basis of any characteristic protected by federal or state law. If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act (ADA), in order to participate in programs or services, please call us at 919-350-8547. Organizing such resources generally takes 3-4 weeks, so please give us as much notice as possible to make appropriate arrangements.

**Questions?** Contact Kristen Murphy at [krmurphy@wakeahec.org](mailto:krmurphy@wakeahec.org)

## PROGRAM ONE

### CLINICAL SUPERVISION: BASICS AND BEYOND

**MONDAY, MAY 20, 2024**

Registration: 8:30 am

Program: 9:00 am - 12:15 pm



Event #73120km

As seasoned clinicians work with the newest and youngest generation of mental health clinicians and trainees, many supervisors have had little or no experience with supervision training. While supervision is similar to therapy in many ways, it is a different relationship with unique roles and characteristics.

The purpose of this workshop is to provide an overview of the issues, skills, and competencies needed for clinical supervision. The topics covered will include ethical issues, models of supervision, and processes of the supervisory relationship.

#### Learning Objectives

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- Explain how supervision is defined.
- Discuss the ethical, legal, and diversity issues that are present in supervision.
- Identify the different supervision models and key issues present in the supervisory relationship.

#### Speaker

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**Christian Mauro, PhD**

#### Credit

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**3.0** NBCC

**3.0** NCASPPB

**3.0** NC Psychology

**3.0** Contact Hours



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## PROGRAM TWO

### PROVIDING FEEDBACK AND COACHING TO SUPPORT SKILL DEVELOPMENT

**MONDAY, MAY 20, 2024**

Registration: 12:30 pm

Program: 1:00 pm – 4:15 pm



Event #72645km

How can supervision be positive, strengths-based, and hold people to high standards? This workshop supports supervisors and managers in expanding their abilities to develop the skills of staff and volunteers via feedback and coaching. Together we'll explore multiple models of feedback, examine which would suit your team, identify effective communication to develop intrinsic motivation to change, and practice providing each other with positive and constructive feedback to develop familiarity and comfort.

#### Learning Objectives

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- Examine which model might be the best fit for your team.
- Demonstrate the ability to provide positive and constructive feedback.
- Explain the role of coaching in skill development.
- Integrate effective communication skills that evoke change talk into feedback and supervision.

#### Speaker

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**Rachel Galanter, MPH**

#### Credit

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**3.0** NBCC

**3.0** NCASPPB

**3.0** NC Psychology

**3.0** Contact Hours



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## PROGRAM THREE

### TRAUMA-INFORMED CLINICAL SUPERVISION: GUIDING PRINCIPLES AND ESSENTIAL SKILLS

**TUESDAY, MAY 21, 2024**

Registration: 8:30 am

Program: 9:00 am - 4:30 pm



Event #73205km

This training will provide supervisors with a foundational understanding of how to provide clinical supervision with an emphasis on trauma-informed practices and enhancing supervisee wellness (e.g., reducing secondary traumatic stress). Participants will learn about key content areas including the long-term effects that trauma can have on biological, emotional, cognitive, behavioral, and interpersonal domains, the theoretical model of adaptation to trauma, as well as resilience and posttraumatic growth processes. Participants will learn to apply trauma-informed principles of safety, trust, collaboration, choice, and attention to privilege, discrimination, and oppression to supervision. Supervisors will learn a framework for addressing patient mistreatment of supervisees (e.g., patient harassment, discriminatory comments).

Trauma-informed supervision emphasizes supervisee wellness and integrates attention to burnout, empathic strain, secondary traumatic stress, and moral distress. Trauma-informed supervisors need to apply skills in supervision that support supervisee emotion regulation and recovery from secondary trauma exposure. Dr. Zerubavel will teach participants skills for prevention and mitigation of secondary traumatic stress and discuss how to integrate these skills into supervision. We will discuss how supervisors navigate boundaries between supervision role and counseling role while helping supervisees with wellness challenges including burnout, empathic strain, secondary traumatic stress, and moral distress. We will attend to managing clinical supervision topics including supervisee trauma history, mental health difficulties, and reactions to patients with interpersonal difficulties.

#### **Learning Objectives**

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- Describe the concept of secondary traumatic stress including four common symptoms.
- Describe three strategies for addressing patient mistreatment of a trainee.
- Identify three skills for reducing secondary traumatic stress.

#### **Speaker**

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**Noga Zerubavel, PhD**

#### **Credit**

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**6.0** NBCC

**6.0** NCASPPB

**6.0** NC Psychology

**6.0** Contact Hours



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## PROGRAM FOUR

### BUILDING COUNSELOR COMPETENCIES IN CLINICAL SUPERVISION: PRACTICE RESOURCES & TOOLS FOR EFFECTIVE CLINICAL SUPERVISION

**WEDNESDAY, MAY 22, 2024**

Registration: 8:30 am

Program: 9:00 am - 4:30 pm



Event #72647km

Clinical supervisors have an important role to play in the professional development of newly-licensed counselors, and bear responsibility for the competency of counselor's they supervise. In this training, participants will become familiar with the research on specific counseling competencies and skills linked to positive outcomes in therapy.

Common mistakes related to a lack of knowledge, skill, and clinical experience will also be reviewed in this training, along with approaches and interventions to address them in supervision. Participants will learn and practice effective methods to monitor and track counselor performance and competency and identify and address any deficits. Information about ways to set collaborative supervision goals and help supervisees reach individualized goals will also be reviewed.

Resources will be provided that can help clinical supervisors assess supervisee's baseline skill and competency level, identify and bridge gaps in knowledge and skill, and monitor progress and performance on an ongoing basis. Participants will leave the training equipped with knowledge of what the most important counselor competencies are, ways to assess and monitor them, and specific interventions and approaches to address deficits and improve clinical skill sets.

#### Learning Objectives

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- Identify one or more mistakes commonly made by newly-licensed counselors.
- Identify a knowledge or skill deficit that's common in newly-licensed counselors.
- List 3 + counselor traits, qualities, or actions demonstrated by the most effective counselors.
- Identify 3+ ways to assess, evaluate, and monitor counseling competency level in supervisees.
- Learn how to effectively respond & address skill or knowledge deficits in clinical supervision.
- Explain specific signs and indications of improved clinical skill and counseling competency.

#### Speaker

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**Hailey Shafir, LCMHCS, LCAS, CCS**

#### Credit

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**6.0** NBCC

**6.0** NCASPPB

**6.0** NC Psychology

**6.0** Contact Hours



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## PROGRAM FIVE

# ETHICS IN SUPERVISION OF DUAL-LICENSED CLINICIANS

**THURSDAY, MAY 23, 2024**

Registration: 8:30 am

Program: 9:00 am - 4:30 pm



Event #72649km

As the opioid crisis has demanded greater coordination of care and application of resources in North Carolina, agencies, service-delivery systems, universities, and professional organizations have responded with a greater emphasis on dual-licensed clinicians who are prepared to address the intersection of substance use and mental health disorders. With this commitment to integrated care, however, comes greater challenges of navigating the overlapping and conflicting standards of training and supervision for clinicians seeking the LCSW and LCAS credentials in North Carolina. This training will take an in-depth look at the ethical standards of training, supervision, and practice for the conjunction of these and other masters-level credentials in our state.

### Learning Objectives

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- Outline a model of LCSW/LCAS supervision.
- Apply application of this model to other credentials.
- Explain specific requirements of each licensing process.
- Describe the unique ethical challenges of supervision for dual-credentialed clinicians.

### Speaker

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**Tab Ballis, LCSW, LCAS, CCS**

### Credit

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**6.0** NBCC

**6.0** NCASPPB

**6.0** NC Psychology

**6.0** Contact Hours



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## PROGRAM SIX

### FOSTERING IDENTITY IN CLINICAL SUPERVISION: THE IMPORTANCE OF CULTURAL HUMILITY

**FRIDAY, MAY 24, 2024**

Registration: 8:30 am

Program: 9:00 am- 4:30 pm



Event #73318km

This workshop will assist clinicians from various backgrounds and training levels in becoming more aware of the impacts of their own cultural identity on the supervisory relationship. We will also be exploring how to support other clinicians in recognizing the impact of culture and the influence this has on the therapeutic relationship and in the supervision.

#### Learning Objectives

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- Discuss culture and cultural differences in the supervision space.
- Explore culture(s) in the therapy space.
- Identify opportunities for your own cultural education needs & resources for learning.
- Describe cultural humility and how to create a culturally affirming space(s).
- Identify links between personal cultural identity and professional identity.
- Describe how culture influences the supervisory relationship.
- Identify strategies professionals can use to enhance the supervisory relationship.

#### Speaker

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**Erica Smith, MSW, LCSW**

#### Credit

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**6.0** NBCC

**6.0** NCASPPB

**6.0** NC Psychology

**6.0** Contact Hours



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