

Alicia M. Brown, LCMHCS, NCC

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Supervision Professional Disclosure Statement

I look forward to working with you! The supervision process, like the counseling process, can be extremely empowering and growth-producing. I pledge to put forth my full effort, both in preparation for and during each supervision session and ask that you do the same. I seek to support you as a team member while you walk with your clients through difficult life circumstances- what important and meaningful work!

The purpose of this document is to let you know about my approach to counseling, what you can expect from the supervision relationship, and my professional background. This document will also give you an opportunity to contract with me for clinical supervision for the purpose of fulfilling your obligations to the North Carolina Board of Licensed Professional Counselors.

Qualifications & Experience

I received a Master of Science in Counseling with a concentration in School Counseling from the University of North Carolina at Greensboro (UNCG) in May 2004. I completed a Post Master's Certificate in Advanced School Counseling in May 2007, which I also earned from UNCG. I am a Licensed Clinical Mental Health Counselor Supervisor in North Carolina (LCMHCS- License # 10682). I also hold a school counseling license (HQ Code- 98, Area 0005) with the state of North Carolina Board of Education, Department of Public Instruction. I am a National Certified Counselor (ID# 89695) as recognized by the National Board for Certified Counselors. I completed the Approved Clinical Supervisor Training course through UNCG to receive forty-five (45) hours of continuing education on clinical supervision.

I have been a practicing counselor since August 2004 and currently work in my own private practice setting, Alicia Brown Counseling & College Planning. The primary way I currently work with clients is through telehealth. I also founded and direct a non-profit called The Oaks Therapeutic Community, Inc. (www.theoakscommunity.org). My work at The Oaks has given me thorough experience in supervising a team of committed, hard-working individuals and is my proudest professional accomplishment to date.

I also have 13 years of school counseling experience, where in addition to mental health counseling, I provided academic advising and support, college and career counseling, anger management techniques, character and leadership development, and taught interview skills. I served as the counseling department chair at a high school for 5 years, which is my main experience in supervising counselors. I have worked with many different types of families, including two-parent households, single-parent homes, foster homes, group homes, adoptive parents, parents living separately due to work, and legal guardians as deemed by the Department of Social Services.

Nature of Supervision

I use Bernard's Discrimination Model as a frame of reference for clinical supervision. The model describes three main roles (teacher, counselor, and consultant) adopted by a supervisor as she helps counselors grow and practice their skills. My role is to mentor your professional development and to safeguard and monitor your client's well-being. I enjoy working as a team to set clear, measurable developmental goals at the beginning of supervision so that we can revisit the goals throughout the supervision process. Goals will likely address areas such as demonstrating interpersonal skills and forming a healthy, trusting relationship, considering various

theories, choosing effective interventions and techniques, the ability to conceptualize cases, legal and ethical issues, growing self-awareness skills, and considering multicultural differences and implications in counseling. You will keep me informed on all the clients you see and will choose specific cases to discuss based on your goals or challenges that arise. I would like for you to provide me with video or audio recordings of sessions. We will set specific taping goals in our initial meeting. I may also be available to do live observation, but the client must give written permission beforehand.

The supervision process involves evaluation, and I seek to create a healthy balance of challenge and support for you. I encourage you to view constructive feedback as opportunity to grow, rather than criticism. Supervisees are provided feedback continuously and apprised of any performance issues. Furthermore, supervisees are provided opportunities for remediation, if needed, via written contract and procedures of due process (with the exception of certain gross ethical violations). Adherence to the ethical standards of ACA, NBCC, and NCBLCMHC and any supervisory directives is expected and a basis for evaluation.

The counseling process can uncover unresolved areas in any counselor, regardless of experience. Should that occur, I will encourage you to seek an additional, separate support to work through any unresolved concerns as our work together will primarily center around your growth as a professional counselor.

Counseling Background

In my practice, I work with a wide range of clients, ages 7 through senior adults, who experience mental health concerns including anxiety disorders, adjustment disorders, attention deficit disorders, substance-abuse issues, mood disorders and personality disorders. I also provide counseling to clients who are struggling with general developmental adjustment concerns that do not warrant a diagnosis. I specialize in addressing anxiety and other mood disorders from a multi-dimensional wellness-based approach.

My clinical orientation is primarily cognitive-behavioral that is solution-focused. I also use some clinical techniques drawn from Adlerian, EMDR and a combined family systems approach. I have a special interest in addressing faith-based principles during the counseling process when directed by the client. I encourage clients to take an active role in their decision making and daily lives. I believe that each person possesses the power to change when taught the appropriate life skills and given the proper supports. Every individual deserves the right to be heard and cared for. I believe in strengthening family relationships in an effort to support the primary goals of the client.

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 Clinical Mental Health 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.

I am open to conducting telehealth supervision sessions. The use of technology in counseling and supervision can add risk to the protection of confidentiality. Communicating through email and text message can be helpful for scheduling appointments; however, confidentiality cannot be completely guaranteed with electronic communication. I ask that you determine who has access to your computer and electronic information from your

location. This would include family members, co-workers, supervisors and friends. Also consider whether or not confidentiality from your work or personal computer may be compromised due to such programs as a keylogger. I encourage you to only communicate through a computer wherein confidentiality can be ensured.

Session Fees and Length of Service

We should plan to meet one hour for every forty hours of counseling and counseling-related services that you provide to clients. My fee for each individual supervision hour is \$110 and is payable in cash, check, or Venmo. Should we mutually agree upon a group supervision format, a separate rate contract will be discussed. Receipts will be emailed or printed upon request. A 24-hour notice is required for cancelling a supervision appointment. Without the 24-hour notice, I ask that you pay for the supervision session in full before our next session.

Emergency Contact

You can reach me by phone at 336.543.0803. I will respond to emails and texts within 24 hours unless on vacation. When addressing an emergency, I ask that you follow the procedures we will go over together in our initial meeting. Clients or their family members should call 911 immediately if an emergency need arises.

Complaints

I abide by the NBCC, ACA, and NCBLCMHC 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 Clinical Mental Health Counselors
P.O. Box 77819
Greensboro, NC 27417
Phone: 844-622-3572 or 336-217-6007
Fax: 336-217-9450
E-mail: Complaints@ncblcmhc.org

Supervision Arrangements

We will agree upon and document a meeting schedule in our initial supervision meeting.

Acceptance of Terms

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

Supervisee: _____ Date: _____

Supervisor: _____ Date: _____