

Supervision Professional Disclosure Statement

Brittany E. Wyche, PHD LCMHCS NCC

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Qualifications

- PhD in Counseling and Counselor Education, The University of North Carolina at Greensboro, 2021
- Master of Arts in Counseling, Clinical Mental Health Track, Wake Forest University, 2012
- National Certified Counselor #300012
- North Carolina Licensed Clinical Mental Health Counselor Supervisor #S9579

Counseling Background

I use an integrated approach that is grounded in person-centered and trauma-informed theories. I also have training and experience working with: multicultural and feminist frameworks, dialectical behavior therapy, mindfulness interventions, and motivational interviewing techniques. I have worked with clients around the following clinical concerns: depression, anxiety, bipolar disorder, autism spectrum disorders, ADHD, borderline personality disorder, sexual assault, child abuse, relationship violence, trauma recovery, crisis intervention, substance use disorders, self-harm behaviors, body image and eating disorder recovery, academic stress, career/academic goals, relationship concerns, grief and loss, family of origin work, LGBTQIAA needs, and developmental and transition issues. I have worked with children, adolescents, and adults in individual, group, and family settings. I have also worked in residential, in-home, school-based, outpatient, and college settings. Currently I am working in a private practice, outpatient setting, primarily with adults, ages 18 and older.

Supervision Background

My supervision training includes two academic courses in my doctoral program on supervision; a practicum experience involving supervision of multiple students' counseling skills in role plays; and two internships supervising Master's students during their Advanced Practicum and Internship. I additionally have 4 semesters of experience offering site supervision to MA level students in clinical mental health settings. In my role as a Wake Forest University faculty member, I also have experience serving as a University Supervisor for Practicum and Internship since 2021.

Supervision Approach

My approach to supervision is influenced by developmental models of supervision. I will aim to consider supervisee developmental level as I plan for sessions, and remain flexible as supervisee needs change throughout the course of supervision. Supervision will be tailored to meet the supervisee's developmental and conceptual levels, while ultimately being motivated by the well-being of the client(s).

A supervisor often serves many roles, including that of teacher, consultant, and/or counselor. It is important to note the evaluative nature of a supervisory relationship, and because of that, supervisees must remain aware that personal concerns that arise in the context of supervision will be processed only to the extent that they impact clinical work. I cannot function as your counselor in order to maintain our supervisory relationship. The primary goals of our supervision will be increasing supervisee efficacy and conceptualization of clients, and so matters that do not directly influence work with clients will be best addressed in personal counseling or outside resources.

Feedback to supervisees will be in the form of direct observation of video-recorded sessions (or audio-recorded as needed). I may also engage in live observation as needed or requested.

Supervision is a time of reflection on your current clinical work and development as a counselor, and supervision has both benefits and risks. The benefits include personal and professional growth, increased comfort, and improved skills in counseling and case conceptualization. The risks may include feelings of strong anxiety and discomfort related to being evaluated. In addition, the risks may include feelings of frustration, confusion, anger, guilt, or sadness, especially when working through your own issues, which have the potential to affect your

abilities to successfully function as a professional counselor. To the extent that they impact your clinical work, I encourage you to discuss any thoughts and feelings you might experience during this process with me. The changes you will go through are likely to impact the ways in which you work with clients, and I will aim to provide a safe place for you to work through those experiences with the end goal of providing quality care to your clients.

Evaluation Procedures

Goals are co-constructed and tailored to the supervisees' needs according to: individual contracts, performance and experience, reason for supervision (licensure/internship/credentialing), and in accordance with current standards of practice and ethics in the field. Supervisees are provided verbal feedback continuously, and written feedback as needed. Furthermore, supervisees are provided opportunities for remediation, if needed, via written contract and procedures of due process. Supervisees are provided copies of any written summative evaluations or other documents.

Confidentiality

I will not share anything outside our supervision sessions, unless I am ethically and/or legally required to do so. Exceptions to confidentiality include legal and ethical requirements to report if you or a client is in immediate danger, abuse to an elder or minor, if I am subpoenaed by a court, or if you or your client give me written permission to disclose information. I may facilitate supervision sessions with you and a small group of your peers. I will ask all involved to maintain confidentiality but cannot guarantee complete privacy of group sessions outside of supervision.

Session Fees and Length of Service

My fee for clinical supervision is \$125.00 per 50-minute individual session. My fee for group supervision is \$50.00 per 90-minute group session.

Emergency Contact

In case of emergency, you can reach me by my personal cell phone number which will be provided to you. You can also contact me by my business phone number, 336-396-9918. It is critical to follow established protocols of your clinical site, and any incidents should be reported in a reasonable timeframe, particularly if there is a diversion from established procedures.

Ethics and Complaints

I abide by the ACA Code of Ethics (<http://www.counseling.org/Resources/CodeOfEthics/TP/Home/CT2.aspx>) and the Center for Credentialing and Education's Approved Clinical Supervisor Code of Ethics (<https://www.cce-global.org/Assets/Ethics/ACScodeofethics.pdf>). If you are dissatisfied with any aspect of our work, or believe I have treated you unfairly or unethically, please inform me. If we have met and you feel that you cannot resolve this problem with me, you may contact the North Carolina Board of Licensed Clinical Mental Health Counselors at: P.O. Box 77819, Greensboro, NC 27417, (336)217-6007.

Statement of Agreement

By signing below, both parties (supervisor and supervisee) indicate that they have read and understand this document and agree to participate in supervision according to the guidelines set forth in this contract.

Supervisee Printed Name	Supervisee Signature	Date
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Supervisor Signature (Brittany E. Wyche)	Date
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