

Somatic Psychotherapy

PROFESSIONAL DISCLOSURE STATEMENT FOR CLINICAL SUPERVISION

This document contains important information about my qualifications, methods, and policies pertaining to professional supervision.

I am a Licensed Clinical Social Worker (#L5191) and hold a master's degree in social work from Portland State University, a master's degree in transpersonal studies from the Institute of Transpersonal Psychology, and a bachelor of arts in biology from the University of Colorado. Additionally, I am a Certified Hakomi Therapist. My professional memberships include the International Hakomi Institute, U.S. Association for Body Psychotherapy, and the Mental Health Resource & Education Network. I adhere to the National Association of Social Workers Code of Ethics, the NASW Association of Social Work Boards Best Practice Standards in Social Work Supervision and the Ethical Standards of the U.S. Association for Body Psychotherapy.

I am both trained and experienced in the areas of anxiety, depression, complex trauma & DID, eating disorders, loss & grief, chronic pain, spiritual transformation, life transitions, relationships, sexuality, and LGBT issues. I work with adult individuals, couples, and groups but have limited family therapy experience. I employ solution-focused, narrative, and several body-centered, mindfulness-based psychotherapies, including Hakomi, Lifespan Integration, and Brainspotting. Each of these methods respects the client as the best authority on his or her healing process and operates on the premise that the body-mind is always moving toward healing and the therapeutic relationship stands in service to this.

I have completed a 30-hour course in Clinical Supervision. I am authorized by the Oregon Board of Licensed Social Workers to supervise Clinical Social Work Associates and LCSWs, and I meet the criteria of the Oregon Board of Licensed Professional Counselors and Therapists to supervise Registered Interns. I am not qualified to supervise the family therapy hours requirements of LMFT interns.

Supervision is a supportive, evaluative, and educational process involving a partnership between the Supervisor and Supervisee and—in the case of Clinical Social Work Associates, Registered Interns, and sanctioned clinicians—the respective Boards. This partnership is aimed at enhancing the Supervisee's professional development while also monitoring the quality of professional services offered to clients. My role as Supervisor is to provide the context in which the development of competence, demeanor, and ethical practice take place. My approach to supervision is founded in a developmental model and is collaborative, explorative, evaluative, and instructive in nature. The modalities used to measure supervision goals include discussions regarding the Supervisee's functioning within the practice setting; review of case studies, progress notes, and treatment plans and their implementation; recalled clinical conversations; client outcomes; and audio or videotape review (where possible). Ongoing evaluation will be guided by the goals set by the Supervisee as well as the guidelines set forth by the relevant board (i.e., the Oregon Board of Licensed Social Workers Supervision Content or the Oregon Board of Licensed Professional Counselors and Therapists Elements of Supervision).

I ensure that all client information is kept private and confidential except when disclosure is mandated by law. I also protect and keep the supervisory process confidential with the following exceptions: 1) releasing information required by the relevant Board for the Supervisee to obtain licensure or regarding a board-sanctioned Supervisee's disciplinary action requirements and 2) releasing information to the Supervisee's agency supervisor when there is critical concern about client care.

My fee for supervision is \$100/hour. Supervision appointments not cancelled within 24 hours of the appointment and not excusable by illness or emergency will be charged at \$100/hour. Between-meeting calls in excess of 15 minutes over the course of 90 days will be prorated and charged at the \$100/hour rate.

When I am unavailable, my phone is answered by a confidential answering service I monitor frequently when in town. I make every effort to return calls within 24 hours, with the exception of weekends, holidays, and when I am out of town. If you need a call back immediately, please leave me a message stating this.

I have read the above information and understand the terms of this agreement. I seek and consent to the supervision services of Fern Snogren, LCSW, MA, CHT.

Signature of supervisee

Date