

# Technology-Based Clinical Supervision



  
**ENHANCED PROFESSIONAL  
LEARNING SERIES**



**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# TBCS: Elements of Technology-Based Clinical Supervision

## Week #1

*Workwise is an online learning series that provides **interactive** training and consultation to professionals delivering behavioral health services on topics essential to increasing knowledge, building skills, and changing practice through the adoption of evidence-based and promising practices.*

***Workwise uses:***

- *Virtual interactive training through real-time skill-based learning and practice*
- *Group and self- study activities*
- *Reading assignments*
- *Discussions*



## Welcome

- Thank you for joining this project
- Overview of TBCS Workwise Series
- Orientation and Purpose of Group
- Expectations of Participation
- Instructor Introductions
- Short Participant Introductions

# Agenda

## Presentation

- Review Videos
- Five (5) Elements of Technology-Based Clinical Supervision

## Summary

- Review today
- Preview of next week
- Learning Activity-Watch (2) Videos and Review
- Questions

# Objectives

1

Understand the role of technology in conducting clinical supervision

2

Demonstrate knowledge of TBCS and application in practice

3

Experience conducting technology-based clinical supervision

4

Identify the therapeutic alliance via technology

5

Understand legal and jurisdictional implications for conducting TBCS

# Expectations

Be	Be here for sessions (present in body AND mind!)
Have	Have camera and microphone on during sessions
Minimize	Minimize Distractions
Participate in	Participate in each session (CE credit is dependent on commenting verbally or on chat)
Complete	Complete Learning Activities
Learn	Learn something each session!



Introductions!

**Hello**  
my name is

**Your Friendly Helpful Facilitator**

# Introductions...NOW YOU!

- Tell us your name, agency, and what type of work you do.
- How many years in the field and how many doing supervision.
- Tell us something interesting about where you live.



Hello  
my name is





# Something to Ponder...

How could this  
benefit the patients  
that I am here to  
help?

“A Video Conference in Real Life”



“Meeting Mindfulness”



**Learning Activity**  
**What stood out?**



# 5 Elements of TBCS

Using Technology to Enhance Clinical Supervision.

(Rousmaniere and Renfro-Michel 2016)

# 1. What does your supervision process look like?

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Individual or Group or Peer?

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Live or On-line or Hybrid?

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What is the goal? (licensure, competence, certification)

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What theory of supervision are you using? (processing, experiential)

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What are your philosophies on the change process?

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What are your thoughts on the Supervisory relationship and boundaries?

## 2. Consider technology and its use

1

What technology are you and your supervisees comfortable with?

2

What is the speed and year of your equipment?  
i.e. computer, internet,  
equipment over 5 years  
old?

3

What environment is the best suited to hold sessions?



### 3. Choosing the technology you will use

## 4. Learning and using new technologies





# Things you can do:



Be prepared to make mistakes and try new things!



Be knowledgeable about the technology that you are using

Know about regulations

Know about encryption, safety standards, what others are using or not using and why



Reducing Anxiety (yourself and those you supervise)

Practice, Practice, Practice

Have your first “virtual” session in person

Do a test run with friends



Where you are doing the sessions

Consider lighting, internet, noise, distractions



## 5. Have a backup plan

Please write down  
One thing that stands  
out for you today!





*Sneak Peek at Next  
Week ....*

Ethics, Legalities, and HIPPA,  
oh my!

# Learning Activity

## Week 1

### Do a Little Investigating!

- Find and Review the Regulations/Statutes in your state as they relate to:
  - Technology Assisted Clinical Supervision (both regular times and emergency)
  - Behavioral Health Video-counseling (both regular times and emergency)
  - Technology assisted communication
- Are there Standards around these areas in your discipline? How does your discipline guide you, or does it?
- Consider the following:
  - Are they what you thought?
  - Could there be some implications related to technology that you had not considered?
  - Is there room for improvement?
  - What do you need to do to comply or advocate for change?
  - What is the next step?
- Be prepared to discuss in our next session.

# Research YOUR Discipline's Regulations (NASW, NBCC, NAADAC, APA etc.)

Things to consider when researching:

- Technology Assisted Clinical Supervision –
  - Requirements for initial visit
  - Back up plans / Contraindications
  - Supervisor preparation
  - Documentation
  - Confidentiality/HIPAA
- Code of Ethics
- Technology assisted communication





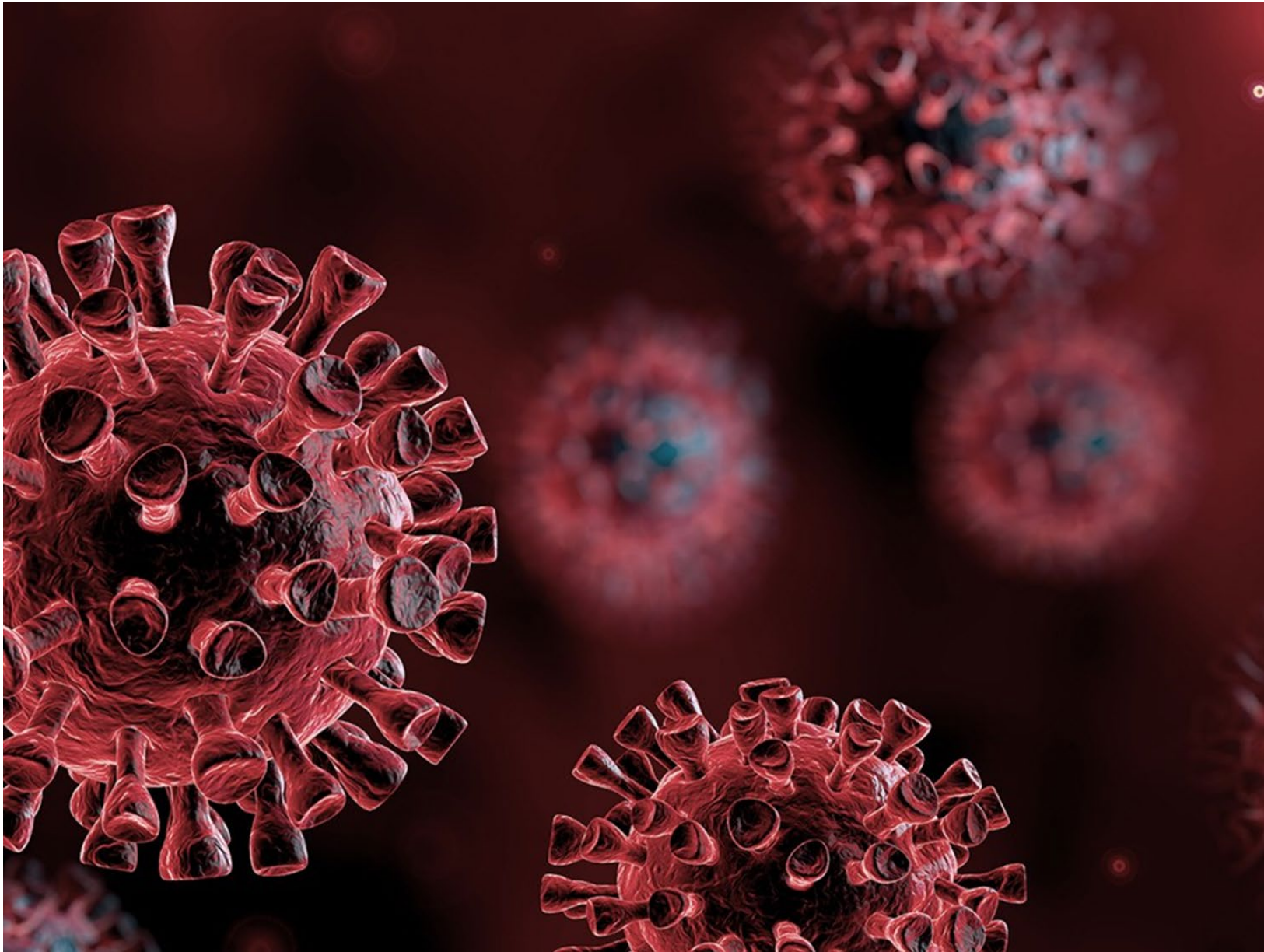
**Very hard to balance right now...**

**Business as usual**

**and**

**Emergency response**





How is  
COVID-19  
affecting all  
of these  
policies?



**Just because we CAN...  
should we?**

# Questions



*And to all of you ...*



*.... and see you all next week !!*