



Technology-Based Clinical Supervision



ATTC

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



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*



Agenda

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

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!

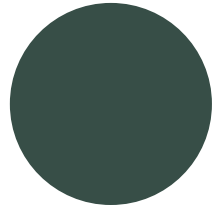
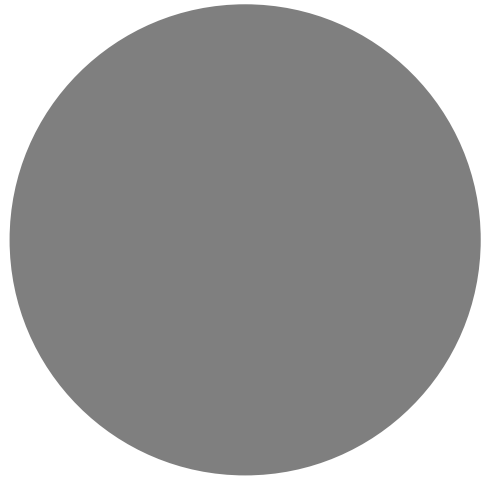
Hello
my name is

Your Friendly Helpful Facilitator

Hello
my name is

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.



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?

Individual or Group or Peer?

Live or On-line or Hybrid?

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

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

What are your philosophies on the change process?

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

A woman with blonde hair is shown from the chest up, talking on a black mobile phone held to her ear. She is wearing a light-colored, possibly pink and white striped, long-sleeved shirt. Her right hand is near her mouth, and she is wearing a gold ring on her ring finger. In the foreground, a black laptop screen is visible, displaying white text. The background is a plain, light-colored wall.

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

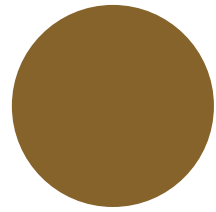
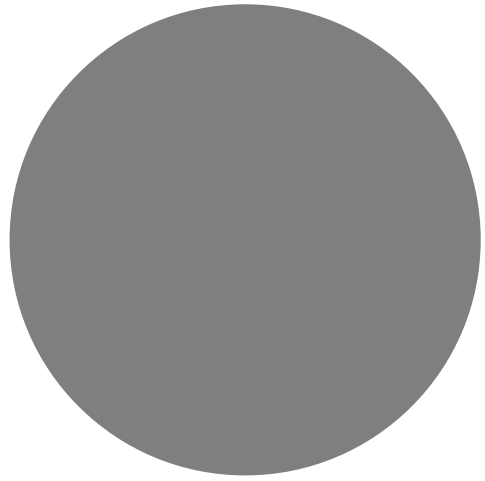
Have your first “virtual” session in person

Do a test run with friends



Where you are doing the sessions

Consider lighting, internet, noise, distractions



5. Have a backup plan



5 Elements of Technology-Based Clinical Supervision

1. What does your supervision process look like?
2. Consider Technology and it's use
3. Choose the Technology that you will use
4. Learning and Using New Technology
5. Have a Back up Plan



*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
 - Behavioral Health Treatment (provision/billing)
 - 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





And to all of you ...



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