

## COUNSELOR SUPERVISION

An important part of the professional development of counselors is the supervision that they get for the professional work they are doing. It is difficult at best, to grow professionally without other, more experienced counselors being available for discussion of specific professional counseling issues. The supervision requirement necessary to move from the two year LAPC, to the LPC reflects the opinion that the beginning professional counselor is better able to serve the public if that counselor is supervised on a regular basis by a seasoned experienced professional within the "helping" field. The supervisor offering the supervision must be accepted for each LAPC on an individual basis, by the Board.

The responsibilities of the supervisor are fairly simple, yet take a great deal of preparation in order to be effective. Briefly the supervisor is responsible for the following:

1. Meet face to face with the LAPC a total of 100 hours over the period of two years. At least 60 of these hours must be individual supervision sessions, the remaining 40 hours may be either group supervision or a combination of group and individual supervision.
2. The supervision must be "spread out" over the two year period, it cannot be 100 hours one year and none the next. It is recommended that supervision sessions take place at least every month during the two year period.
3. The content of the supervision sessions must be professionally focused on any concerns the LAPC has, regarding his/her professional practice. These issues are unlimited, but some examples may be ethical issues, legal issues, technique issues, specific client issues (eating disorder for example), group counseling issues, and many more that are related to professional counseling.
4. It is recommended that the supervisor has had course work in supervision, however, because it is not readily available to all supervisors, many are approved without having had formal training in supervision.
5. Supervisors share in the responsibility to the counselor and to the counselor's clients whose cases are presented for supervision.
6. Supervisors are required to verify the supervision they have done for the LAPC.
7. If two or more supervisors are involved with the same LAPC at the same time, a coordination of that supervision should be documented by the LAPC and verified by the supervisors.
8. The supervisor accepts the same ethical code as the LAPC, which is the American Counseling Association's ethical standards.