

# 20 Hour LPC LMFT Supervisor Refresher Course 2024

## Syllabus

### PROGRAM DESCRIPTION

This twenty-hour post-graduate program is designed for professional counselors who provide clinical supervision to mental health trainees gaining experience hours toward licensure. Lessons will help participants learn clinical supervision models, practices, and processes in order to successfully demonstrate understanding through quizzes.



### Program Learning Objectives

Program lessons focus on critical information needed to successfully supervise post-graduate trainees including:

1. Foundational and well-established counseling theories, principles, and techniques of counseling and their application in mental health settings. Topics include wellness and prevention within counseling and treatment, crisis intervention techniques for counselors to use in response to disaster or other rapid onset trauma-causing events, and distance counseling.
2. Issues and trends in a multicultural and diverse society that impact professional counselors, the counseling profession and assessment and evaluation in counseling practice. Topics include roles and processes related to counselor advocacy on behalf of the profession and the client.
3. Counselor professional identity and practice issues including professional functioning as a post-graduate-level counselor and self-assessment to address areas for ongoing professional growth. Topics include ACA ethical codes and Texas state and US federal conduct standards in professional counseling.
4. Ethical decision-making models directly related to counseling practice Texas state licensure, and related mental health public policy. Topics include the counselor's role and function as a member of an interdisciplinary team; the ethics of starting and maintaining a counseling practice including business-planning, quality control, service delivery, referrals, and ethical marketing; and effective and ethical utilization of social media.
5. The counselor supervisor's role and function as a professional consultant.

### Program Goals

Participants successfully completing this forty-hour course will:

1. Understand the basic principles and techniques of clinical supervision
2. Know how to integrate supervisor roles (teacher, counselor, and consultant) and apply supervision models based on supervisee need and development.

3. Comprehend practices according to federal and Texas state regulations, ACA, and AAMFT and how to incorporate them into a successful supervision plan.
4. Explore concepts related to a supervision contract and plan as well as confident application and understanding of foundational and well-established models of supervision.

### **CONTINUING EDUCATION INFORMATION**

- Ethics of the Supervisory Relationship and Counselor/Marriage and Family Therapist Development – 3 CE Hours
- Theories of Counseling and Supervision - 3 CE Hours
- Developmental Models of Supervision and ACES Best Practices - 3 CE Hours
- Ethical and Legal issues: Technology and ACA best Practices - 3 CE Hours
- HIPAA and FERPA Privacy and Security Training for Counselors and Staff - 3 CE Hours
- Rules Review – 2 CE Hours
- 2024 LPC Board Update with Cristina de Luna – 1 CE Hour
- Clinical Supervision Systems to Protect Your License and Your Sanity – 1 CE
- Multicultural Competencies for Supervision – 1 CE Hour

This online course provides twenty hours of continuing education in an interactive and asynchronous home study format. Home study course hours are calculated via written text (6000 words = one hour) and video (one hour = one hour).

Kate Walker Training courses fulfill the Texas LPC and LMFT rules requiring that 50% of continuing education courses come from a designated provider type.

Upon successful completion participants will receive a certificate via email indicating:

- **NBCC Hours: 20**
- **Supervisor CE Hours: 20**
- **Ethics CE Hours: 14**
- **Technology CE Hours: 3**
- **Multicultural CE Hours: 1**

### **NBCC Program Content Requirements**

Courses offered through Kate Walker Training LLC are rigorously reviewed and held to the highest standards:

1. This program is directly and primarily about a topic related to the practice of professional counseling.
2. Program information includes a clear statement of the program learning objectives requirement.
3. This is an advanced course for licensed mental health providers and licensed mental health supervisors with a master's or doctoral degree in counseling or related field.

4. This program was designed Kate M. Walker, a licensed mental health professional with the necessary experience and knowledge in the topic(s) presented. Dr. Walker holds a Ph.D. in Counselor Education and she is a Licensed Professional Counselor Supervisor and Licensed Marriage and Family Therapist Supervisor in Texas.
5. Kate Walker Training provides participants with a mechanism for evaluating our programs.
6. Kate Walker Training provides participants who successfully complete the program with a certificate displaying the licensee's name, program title, date course was completed, the number of NBCC hours awarded (for applicable programs), the name and signature of the approved continuing education provider along with the NBCC ACEP number and contact information, including mailing address, telephone number, e-mail address and website address.
7. Programs that do not qualify for NBCC credit are clearly identified.
8. We keep all continuing education record of attendance on file for six years (or more) and records are available upon written request.

Kate Walker Ph.D., LPC/LMFT Supervisor has been approved by NBCC as an Approved Continuing Education Provider, ACEP # 7040. Programs that do not qualify for NBCC credit are clearly identified. Kate Walker Ph.D., LPC-S, LMFT-S is solely responsible for all aspects of the programs.



Kate Walker Training LLC provides continuing education for mental health providers. Always check with your licensing board before purchasing a course for professional continuing education.

## **STATEMENT REGARDING ACCESSIBILITY OF COURSE RESOURCES**

This online training is currently available in English only. It is delivered via audible narration, video, and visual text.

*Kate Walker Training LLC charges a fee for online training. All of the resources used to design the course are listed within the course, along with the resource URL where available. You do NOT need to purchase the Kate Walker Training LLC course to access those resources. Kate Walker Training LLC will not apply legal terms or technological measures that legally restrict others from accessing those resources, nor hinder anything the listed resources' licenses permit.*

*Please note we have added live links below for your convenience but we cannot guarantee their accuracy as we do not control the website destinations.*

The open-source resources we have chosen for this course are:

- American Counseling Association. (2014). *2014 ACA code of ethics*. <https://www.counseling.org/docs/default-source/default-document-library/2014-code-of-ethics-finaladdress.pdf>
- An [abbreviated explanation of the IDM model](#) (resource unknown)
- [Association for Counselor Education and Supervision \(ACES\) Best Practices in Clinical Supervision](#)
- Corey, G. (2013). *Theory and practice of counseling and psychotherapy* (9th ed.). Thomson/Brooks/Cole.
- Crunk, & Barden, S. M. (2017). The Common Factors Discrimination Model: An Integrated Approach to Counselor Supervision. *The Professional Counselor (Greensboro, N.C.)*, 7(1), 62–75. <https://doi.org/10.15241/aec.7.1.62>
- Gearhart, J. (2005). *School records and case notes*. Retrieved from [https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=2ahUKEwjSz6\\_j5ODmAhWCGc0KHf8uDhUQFjAAegQIAxAC&url=https%3A%2F%2Fwww.cde.state.co.us%2Fsites%2Fdefault%2Ffiles%2Fdocuments%2Fhealthandwellness%2Fdownload%2Fnurschoolcasenotes.pdf&usg=AOvVaw3fcNoz3YV-wJ2I\\_A3DAYrP\\]](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=2ahUKEwjSz6_j5ODmAhWCGc0KHf8uDhUQFjAAegQIAxAC&url=https%3A%2F%2Fwww.cde.state.co.us%2Fsites%2Fdefault%2Ffiles%2Fdocuments%2Fhealthandwellness%2Fdownload%2Fnurschoolcasenotes.pdf&usg=AOvVaw3fcNoz3YV-wJ2I_A3DAYrP\)
- Hunter, T. (2019). *What's mine is not yours! School districts reminded of FERPA's sole possession exception*. Retrieved from <https://www.natlawreview.com/article/what-s-mine-not-yours-school-districts-reminded-ferpas-sole-possession-exception>
- Morris, S. A Metamodel of Theories of Psychotherapy: A Guide to Their Analysis, Comparison, Integration and Use. *Clinical Psychology and Psychotherapy Clin. Psychol. Psychother.* 10, 1–18 (2003).
- Nelson-Jones, R. (2011) *Theory and Practice of Counselling and Therapy* (5<sup>th</sup> edn). London: Sage.
- OUMtext Author unknown.
- *SACES (Southern Association for Counselor Education and Supervision) - Resources for Supervision*. (2020). Saces.org. <http://www.saces.org/page-1360109>
- [Socratic Questioning based on Blooms Taxonomy for Supervisors - Author Unknown](#)
- [Texas Behavioral Health Executive Council and Texas State Board of Examiners of Professional Counselors Rules](#).
- [Texas Behavioral Health Executive Council and Texas State Board of Examiners of Marriage and Family Therapists Rules](#)
- The [Supervisee's Bill of Rights](#) - (author unknown)
- [The University of Washington Tacoma Supervisor Toolbox](#)
- United States Department of Health and Human Services, and United States Department of Education. (2008). *Joint guidance on the application of the Family Educational Rights and Privacy Act (FERPA) And the Health Insurance Portability and Accountability Act of 1996 (HIPAA) to student health records*. Retrieved from <https://www2.ed.gov/policy/gen/guid/fpco/doc/ferpa-hipaa-guidance.pdf>

### Recommended Texts and Resources:

Bernard, J. and Goodyear, R. (2015). *The fundamentals of clinical supervision, 5<sup>th</sup> Edition*. Boston: Allyn and Bacon.

Fall, M. and Sutton, J. (2004). *Clinical supervision. A handbook for practitioners*. Boston: Pearson Education, Inc.

Halbur, D., and Halbur, K. (2015). *Developing Your Theoretical Orientation in Counseling, 3<sup>d</sup> Edition*. North Dakota: North Dakota State University.

Haynes, R., Corey, G., and Mouton, P. (2010). *Clinical supervision in the helping professions, 2<sup>nd</sup> Edition*. Virginia: American Counseling Association.

Kendi, I.X. (2019). *How to be an Antiracist*. Random House Publishing Group. In-Text Parenthetical Citation: (Kendi, 2019).

Todd, T. and Storm, C. (2014). *The complete systemic supervisor: Context, philosophy, and pragmatics, 2<sup>nd</sup> Edition*. West Sussex: John Wiley and Sons, Ltd.

**Note:** *The terms 'lesson,' 'lecture,' 'assignment,' and 'module' may be used interchangeably. The terms 'supervisee,' 'associate,' 'trainee,' and 'intern,' 'counselor,' and 'therapist' may be used interchangeably.*