



Supervision & Consultation Policy

Policy Statement:

At Intersection Therapy, we are committed to providing you with the highest quality of therapy services. This Supervision and Consultation Policy outlines how our therapists engage in ongoing professional development to enhance your therapeutic experience and outcomes.

Supervision & Consultation:

Clinical supervision is a fundamental aspect of our practice that ensures the ongoing professional development and well-being of our therapists while promoting inclusivity and social justice. During clinical supervision, therapists have the opportunity to discuss their cases, experiences, and challenges with a qualified supervisor. This collaborative process not only supports skill enhancement but also encourages therapists to critically examine their own biases, assumptions, and potential impacts of oppression in therapy.

We recognize that oppression exists in various forms, and it is our responsibility to engage in continuous learning and advocacy to provide equitable and culturally sensitive care. Supervision is another form of critical self-reflection and reflexivity to improve therapeutic approaches. Consultation is also sought when therapists encounter complex cases or situations that may benefit from external expertise. We are committed to fostering a therapeutic environment that respects the unique experiences and identities of all clients while striving for social change and promoting anti-oppressive practices.

Client-Centered Approach:

- **Holistic Therapy:** We believe that therapy is a collaborative and holistic process. Our therapists engage in supervision and consultation to ensure that your therapeutic journey is comprehensive, evidence-based, and tailored to your unique needs.
- **Enhanced Expertise:** Supervision and consultation allow our therapists to continuously improve their clinical skills, stay updated on the latest research and treatment approaches, and gain insights from their peers and supervisors. This expertise directly benefits you, as it ensures that you receive the most effective and evidence-based therapy.
- **Collaborative Decision-Making:** We value your input and actively involve you in the therapy process. Our therapists use the knowledge gained from supervision and consultation to engage in collaborative decision-making with you, ensuring that your voice is heard and your therapy is aligned with your values and preferences.



Benefits of Supervision and Consultation:

- **Confidentiality:** The content of supervision and consultation is strictly confidential and does not include any identifying information about clients. Your privacy and confidentiality are of utmost importance to us.
- **Enhanced Quality:** Supervision and consultation enhance the quality of therapy you receive by providing therapists with a forum to discuss complex cases, seek guidance, and collaborate with experienced professionals. This collaborative approach leads to more effective and holistic therapy.
- **Ongoing Learning:** Our therapists are dedicated to ongoing learning and improvement. They use feedback and insights gained from supervision and consultation to refine their therapeutic approaches, ultimately benefiting you as a client.

Supervision and Consultation Records:

- **Client Privacy:** Please rest assured that any records related to supervision and consultation are maintained with strict confidentiality, in compliance with privacy regulations. These records do not include any information that could identify clients.

Client Feedback and Involvement:

- **Your Feedback Matters:** We encourage you to provide feedback on your therapy experience. If you have any questions or concerns related to supervision or consultation, please feel free to discuss them with your therapist.
- **Active Participation:** Your active participation in therapy, combined with the expertise gained through supervision and consultation, contributes to a more collaborative and successful therapeutic process.

Client Education:

Clients are encouraged to engage in open dialogue and proactive communication with their therapists regarding this policy to ensure that their unique needs, preferences, and concerns are addressed in therapy.

Updates and Amendments:

Clients will be informed of any updates or amendments to this policy, including how changes will be communicated and the effective date of any policy revisions.



Intersection Therapy

Policy Review:

This policy may be subject to periodic review and updates to ensure its effectiveness and alignment with our commitment to providing quality online therapy services.

Last Updated: August 2023