

# Podcast Guest (Jason Wilkinson) (2022-11-21 09:06 GMT-8) - Transcript

## Attendees

Dr. Tara Sanderson, Jason Wilkinson

## Transcript

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**Dr. Tara Sanderson:** Hi everybody, and welcome to supervision Smorgasbord. A podcast about the clinical supervision strategies. They'll make your life as a supervisor easier and more fun. I'm your host, Dr. Tara Sanderson, a licensed psychologist group practice, owner, and supervisor in the wonderful state of Oregon. Thanks for joining me today. Today we're going to be doing an interview with somebody who is currently a supervisee. Jason Wilkinson is the owner of WellSpace counseling in Tualatin Oregon. Jason is currently and only for a few more short months, a professional counselor associate, one of the reasons I brought him on the shows because he currently has three supervisors and that's kind of unique in our industry and I'm super excited to talk to him about it.

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**Dr. Tara Sanderson:** A little more information about Jason, he graduated from George Fox University within Masters in marriage, couples and family counseling. And he also received his Masters of Divinity, from Fuller Theological Seminary, with more than 20 years of experience working with adolescents and career-minded, adults, and couples, he is passionate about helping people find wholeness through counseling. So Jason welcome.

**Jason Wilkinson:** Yay, I'm excited to be here. Thank you.

**Dr. Tara Sanderson:** Yes, I am too. Now I should also disclose that. Jason is actually one of my supervisors. I've been working with Jason for. Is it like three years now? Four years now,

**Jason Wilkinson:** I think it's yeah, it's like three and a half four years somewhere around there.

**Dr. Tara Sanderson:** Yeah, yeah. And one of the reasons I really thought that it would be fun for us to talk is because we have a very I think unique relationship in how we have grown together and also I think because of your industry experience before of doing work with churches and having kind of a whole other career, you came to counseling with a level of, for lack of a better term maturity about what is responsible in supervisor and supervisee relationships, or boss, and and employee relationships. So, one of the risks factors of any time, we ask a supervisee as a supervisor to do something. We run into the power dynamic problem of Am I? Requiring this of you, Do you really have the ability to consent or say yes or no, to something? And I think that, when, when supervises come into a relationship, there's automatically that element of like, Oh, I have to do everything they say,

**Dr. Tara Sanderson:** And over the time that we work together three and a half or four years. We I feel like we have built the rapport to say. There's a difference between I am requiring you to do this which usually I say Jason you must and...

**Jason Wilkinson:** Right. Right.

**Dr. Tara Sanderson:** times where I say Hey I'm recommending this which is now in your court. You get to decide or Hey here's this opportunity because I've since you many opportunities over the years of just like Hey here's this random thing you could do. There's no requirements on my part just kind of interesting or fun or...

**Jason Wilkinson:** Yeah.

**Dr. Tara Sanderson:** different. How was the experience for you putting you on the spot of thinking about being asked to be on a podcast like this? Did you go through some of those ethical decision-making in your own head?

**Jason Wilkinson:** Yeah. Well, so I I did go through and I got to ask because you told me before we started recording that I was gonna have a fun question to be, that I was gonna get asked right away.

**Dr. Tara Sanderson:** Oh, you do? Oh yeah,...

**Jason Wilkinson:** Oh, this is,...

**Dr. Tara Sanderson:** I do have one of those. It's funny.

**Jason Wilkinson:** this is not it though,...

**Dr. Tara Sanderson:** This is not it.

**Jason Wilkinson:** right? Okay.

**Dr. Tara Sanderson:** No. What more question?

**Jason Wilkinson:** I because this doesn't sound like fun to me, but I just wanted to make sure. Okay. So when it came to being asked to do this, the thing that the ethical thing that I just kind of ran through real quick in my brain and it was pretty simple was Just in terms of like, Okay, what does this do to me as a supervisor? What are the things that I feel comfortable sharing about being a supervisor? Supervisee not Supervisor. What are the things that I feel comfortable? Sharing is a supervisee and the process that we've been through what would be beneficial for public knowledge. And then what are some things that just

**Jason Wilkinson:** don't play into it and and really, because I think because of our relationship and the day, the dynamic that we've just been able to, to build the rapport that we've been able to build and the level of trust that I have in you and just knowing that what you want to put out there into the world and what you don't Because you value the role that you have as a supervisor. It was a pretty simple. Thought process for me, just in terms of like, okay, what is, what is good? What is right? What is beneficial?

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** So yeah, that was a pretty simple process for me on that one.

**Dr. Tara Sanderson:** Yeah.

**Dr. Tara Sanderson:** I love that. And I think that it shows too, that level of we We have to be thinking about what we're sharing as clinicians. Because this isn't a podcast, that has a password, that only other clinicians can hear. This is a podcast where we're sharing a piece of ourselves and clients may or may not hear that. So we we do want to always be thoughtful about that experience. As well as you know, knowing that the the supervising supervisor relationship is really important. It's much like a therapeutic relationship in that we have to build rapport to get to a place to trust each other to be able to do the work that we do for our clients.

**Jason Wilkinson:** Yeah. Yeah. And as far as like the just thinking through like the the power dynamic, you know, this is my supervisor asking me to participate. Like does that feel weird in any kind of way? And I mean is that appropriate? And again it just there weren't really very many There wasn't much in terms of like, Hey, this is something that I should be careful about. Or This is, you...

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**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** alarm bells or anything. It doesn't really change the way that we navigate through our supervision together. So it was pretty simple. Yeah.

**Dr. Tara Sanderson:** Yeah. Good. That was it that was a good work through in your brain and and I hope for everybody else hearing our process will help them to think through. Like when we're asking people to do stuff or when we're being asked ways that they can think about that, you asked about your fun question.

**Jason Wilkinson:** so, Yeah.

**Dr. Tara Sanderson:** So my question for you today is what smell brings back. Great memories.

**Jason Wilkinson:** Oh yeah. Okay, so this one's easy for me. I am a, I mean, I've grew up playing baseball and loving baseball. So, every year around springtime, when the grass starts getting mowed, and there's just that smell that comes off from, from just like fresh grass, freshly mowed grass. It always takes me back to the baseball field and,...

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** and really good times there. So, that's one of those things where if I could bottle, that smell up as a perfume, which make I'm sure somebody has somewhere. But like, that would be my, that would be my incense. That would be my candle of calm is what that would be.

**Jason Wilkinson:** So I might have to go looking for that online after this, actually. Now that I'm thinking about it,

**Dr. Tara Sanderson:** Yeah, sure. That's a great one. Yeah, I imagine that that every year that kind of just springs up for you just so many fun memories.

**Jason Wilkinson:** oh, Oh, the nostalgia is thick. It's really, it's really thick and I just walk around with my family and just being like you know, back in the day This is what I would be doing. Yeah.

**Dr. Tara Sanderson:** That's awesome. Do your little ones play.

**Jason Wilkinson:** Yes. So my son plays and my daughter. She's she's gonna start tee ball. She's excited about that and...

**Dr. Tara Sanderson:** Nice.

**Jason Wilkinson:** my son. Yeah, he's, he's about to do player pitch. So, that will be interesting because not everybody at his age, can go ahead and Throw straight. So we'll see...

**Dr. Tara Sanderson:** Yeah. Yeah.

**Jason Wilkinson:** how this goes but it'll be fun. It'll be fun.

**Dr. Tara Sanderson:** One of the things that I have loved in working with you is helping you define, what is going to make your life as a person beneficial as part of your practice and finding that balance. And and knowing you for, as long as I have like this, this love of baseball, this love of your family. Keeping all of those things in check with getting your numbers for for licensure and finishing up that process. What kind of what's your biggest, I guess? Takeaway from that whole experience of trying to build this balance in, in building your practice and getting licensed and having life.

**Jason Wilkinson:** yeah, in terms of finding balance, Yeah, balance is one of those things where it's it is really hard. I think the thing that's always helped me with supervision is always remembering and being reminded like What's my, what's my end goal? Like, What am I doing this for? And what are the numbers going to help me do with with my life? So as an, as an associate,

**Jason Wilkinson:** It feels like it's always there's it feels like gosh, I gotta get to the finish line. I got to get to the finish line so that I can go and do this next or go to the next thing. And the question that I think I've always appreciated it, that you tend to bring up for me, is well, why what is that gonna do? Like what's the, what is the next thing gonna do for you? And then how is that going to impact your life or the the direction that you want your life to go? What is it? Gonna What new opportunities is it going to bring your way? Or In what ways does that potentially impact you in a negative way? So if I go ahead and I mean, I want to fill up my my practice to 24, 28, 30 people, you know, because yeah, it's nice to get those hours and and you know, to have that nice successful practice going. But then what are the things that I'm missing out on?

**Dr. Tara Sanderson:** oh,

**Jason Wilkinson:** So really being able to process through a lot of that, think through it, pretty clearly have somebody to kind of bounce that bounce those questions off of me because I forget sometimes that just with...

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** what feels like a lot of times just pressure to get things done as fast as possible so that I can be fully licensed. So I can feel like I've made it and...

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**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** it's good to be reminded. Now where I'm at right now is okay. And ultimately what I'm trying to do for me at least is to be able to have a good practice but then like I want to be able to support my family and and be able to enjoy my family.

**Jason Wilkinson:** So it's good to be able to have somebody there to help me kind of process through that. And we're asked the questions that help remind me of what my intentions are.

**Dr. Tara Sanderson:** Yeah. Yeah, that concept of being intentional about the choices we're making. If I'm choosing to do 8 pm, or 9 pm appointments, what is the purpose of that? Like, What is it? Bringing to not only my life to my practice, to all the pieces? What am I intentionally choosing this for? If it really,...

**Jason Wilkinson:** Yeah.

**Dr. Tara Sanderson:** just because clients want to come at that time. I mean, I could make that my intentional choice and I'm going to make my schedule be as accessible as possible to clients. And as long as I'm making that intentionally go for it, but if my biggest intention is to spend lots of quality time with my family, eight or nine o'clock, appointments may not be that thing.

**Jason Wilkinson:** Yeah, yeah. And just again, I think just having somebody to go ahead and bounce that that off of and help me think it through it even ethically, right? So, I mean the, as a private practice owner, the practice is my practice, but being able to think through even just like, How does this impact clients, what does this do for clients? How does it not impact clients? And, and even just help me to process through a little bit more clearly? You know what what matters. To the client. What belongs to the client and what belongs to me? and I think being an associate being early on in the...

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** having somebody who has been there and is doing that, and has done that. Just it, it's really valuable.

**Dr. Tara Sanderson:** Yeah, absolutely. Absolutely. And I should note that in Oregon Associates do have the ability to run their own practices.

**Jason Wilkinson:** Yeah.

**Dr. Tara Sanderson:** Not every state gives that opportunity to folks. So it is a pretty unique thing for us to be able to have you running your own practice learning and setting up a foundation for for the life that you want to build without having to feel like, you actually have to cram everything in, because you're working at a, at a community mental health, or at some group practice, or whatever it is.

**Jason Wilkinson:** Yeah, I think that's that's one of the great benefits and in Oregon, right? There's some downsides, too. But one of the,...

**Dr. Tara Sanderson:** For sure.

**Jason Wilkinson:** one of the great ones is. Yeah, being able to have that unique experience of jumping into my own practice, kind of being able to build that up. As I'm going through the process of getting fully licensed and collecting the hours necessary to be fully licensed.

**Dr. Tara Sanderson:** Yeah, absolutely. So let's talk about why you have three supervisors. Tell me about that experience.

**Jason Wilkinson:** Yeah. Yeah, so I when I was in finishing up grad school, and going through that student internship process. I was lucky enough to find you and have you accept me as an intern and I will never forget the day. I got that phone call, but that's probably that story is, it's a, it's a great story and probably save it for another time before story, but just getting the phone call and feeling, really excited about that. And then also having group supervision with professors and other students. And I really loved that experience with you and Just the individual supervision that I got with you.

**Jason Wilkinson:** And then really kind of understanding the business side. I feel like the ethics side for from you was really strong and really helpful and really unique and I just I really, I got a lot from you and that the group supervision of course, being able to do with others students, hear what other students are doing and dealing with and how they are growing or or things that they're bumping up against that I haven't experienced yet. And and...

**Dr. Tara Sanderson:** Wow.

**Jason Wilkinson:** I really got a lot from that and then I found really my theory that that final year of

**Jason Wilkinson:** School and I found somebody who who's supervised in that theory that I was picking up, so restoration therapy for me with Dr. Hargrave so

**Jason Wilkinson:** Really kind of finding that and wanting to grow in that. And so I I started really getting more supervision and that towards the end of my internship, my my time there. It's, um, and so what I wanted to do was I wanted to keep all of it because for me it was really there's just a ton of strengths.

**Dr. Tara Sanderson:** Yeah.

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**Jason Wilkinson:** So to have you with my primary supervisor now, who I meet with twice a month and to be able to think through again like not just clients which at which we do and discuss clients but to think through like my my notes, and how am I writing my notes and to get a lot of great stuff from that from that continuing to work on diagnosing and where my strengths and weaknesses and that. And how do I need to work on that to build on that? But then also to think through really some practical things in terms of like, okay, building up a practice. What does it take? What are the steps to do that? To starting a business to be thinking through things? Ethically, as a business owner,

**Jason Wilkinson:** Um, and Anna clinician, then to have still continue. I continue to get group supervision with those same students, and the same supervisor that I had from George Fox University, and continuing to grow with them and hear their perspectives. And so, I do that once a month, which is a great benefit. And to think through things systemically and how that functions together.

**Dr. Tara Sanderson:** Okay.

**Jason Wilkinson:** Because you're you're well you are trained in a systems and you work you really do work from a systems perspective but you don't do couples which is...

**Dr. Tara Sanderson:** Right.

**Jason Wilkinson:** which is what I do. So to be able to get that kind of supervision as well from that group and then also to continue to meet with Dr. Hargrave in in my theory. So and growing stronger in my theory. So I think I get I feel like I've been really really lucky to have so many different perspectives knowing that my, my go-to, if I if something like, if I really hit the hit the wall on something. My go-to is Is you Doctor Sanderson? And I know I'm gonna get a good response, a helpful response.

**Jason Wilkinson:** And especially if it has anything that I bump up against ethically or just, you know, something that I really need to take care of like, you're my, you're my go-to and then to have the other perspectives if I'm dealing with a couple or if I'm dealing with something for theory that I really feel like I could use some growth in.

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** I just I think I get a well-rounded experience. I hear from a lot of different voices. I I feel like I benefit from that and then just kind of knowing like, Who are my people for for, whichever topic that I'm kind of wrestling with and...

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** knowing like Again, I might have something going on with my with a couple and I know that you're not my couples person but to still bring it to you and hear how you kind of see it and view it and perceive it. And I think in I get a lot from that too. So it's just it's great to have so many different voices from people that I trust and...

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** then kind of knowing like who who are my people for which specific thing

**Dr. Tara Sanderson:** Yeah, I love the idea of building. A community of people, I have often said that being a therapist is one of the loneliest jobs you are in your office by yourself all day long.

**Jason Wilkinson:** Yeah.

**Dr. Tara Sanderson:** You have people kind of parading in and out and you share these intense moments, these intense appointments and opportunities with them as they are growing. And the purpose is, they are growing. They are changing. They are doing all of these things, but you're not really, it's not, it's not 100% reciprocal, like it would be if these were 10 of your friends who walked in during the day, right? So as we are building ourselves into clinicians and running our practices and doing those things, one of the things we have to do is build a community of people around us in addition to, you know, you know, other colleagues who may give you some great support having some people in your life that you can consult with, whether they are traditional supervisors.

**Jason Wilkinson:** Yeah.

**Dr. Tara Sanderson:** Because you have to as an associate or keeping people on as consultants leader paid or unpaid depending on you know what the circumstances is. But but having those people where you can feel like, okay if I have an ethical thing, this is this is the person I go to that. I really trust to give me really great advice. Not that anybody else wouldn't give you good advice to? But like I've built over time this piece or...

**Jason Wilkinson:** I,

**Dr. Tara Sanderson:** if I'm stuck in my theory and I know this is how I how I kind of think about it or this is what I want to do with it. You know, here's the person who I can go to who's really embodied this theory and I might not go to somebody else who doesn't know it as well.

**Jason Wilkinson:** Yeah, and I gotta say too, like I was really intentional in trying to build the, the different perspectives, the different voices and having those different aspects in my, in my supervision. And, and as I grew as a as a clinician, but the other thing that really, really helped me was that you that you Dr. Sanderson held it. So you you knew your role and what you, what you brought and what you bring, and you allowed me to the flexibility to go and and bring in these other voices. You held it really loosely and...

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**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** you were pretty comfortable just with where what you're you're part in in the supervision process was. And I think that for me was just that was really life-giving because it allowed me to go out and...

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** stretch. Of two and just knowing, like, okay and I still have for me, Dr. Sanderson, who is just a tremendous support for me, they're kind of like Pushing me on releasing me. Encouraging me as a playing the role of cheerleader as much as anything else which is...

**Dr. Tara Sanderson:** Yeah. Yeah.

**Jason Wilkinson:** which is huge. It's really big. Yeah. Yeah.

**Dr. Tara Sanderson:** Good, I'm glad.

**Dr. Tara Sanderson:** I I strongly believe for for everybody out there that that you need more than one voice in your head when you're going through and building yourself as a clinician because no one person is going to know enough stuff to help you develop and become the person that you want to be in, in the theoretical orientation that you want to have and how you navigate things ethically in all of those places. So it is important to me that there are other voices that you hear things from other perspectives and especially like, I know, couples isn't my strength. Like I can do it been trained, do the things and, you know, getting somebody who loves doing couples work to talk with you about the the ways that you can grow and develop the work that you're doing so much more beneficial than hearing me. Say like Yeah, from mine training and my knowledge from 10 years ago. Here's here's a thing. You might do or...

**Jason Wilkinson:** Yeah.

**Dr. Tara Sanderson:** having to Google it and hope for the best, right.

**Jason Wilkinson:** Right or or sometimes even just like Well here's a training that you can take or Here's another training that you can take, which is great, but it's, it's nice to be able to talk to people that yeah, like that's what I do. Yeah. so,



**Dr. Tara Sanderson:** Yeah, day in and day out. Yeah. What are some of the ways that you get prepared for supervision?

**Jason Wilkinson:** Yeah, so I try to take supervision as a That I have a role in it. So, in terms of and I, I need to be intentional and take an active role on that, and I've always felt that way. I feel like anytime that I get together with, with you or any other supervision that I received that, I need to be. Bringing questions to the table. So I often try to to look at my clients. Like What are the things that are going on with my clients? What are the things that I have questioned about questions about?

**Jason Wilkinson:** In regards to where I'm at with therapy and and with with each of them and what are some of the things and sometimes there's things that I'm really feeling stuck with and it's pretty easy for me to find and sometimes it takes a little bit more digging to where I'm thinking, like, well therapies going pretty well with all of my clients, but maybe there is like this small thing that I'm bumping up against. So I really try to dig into to what my clients are are doing and what I'm experiencing more than anything with clients as well. So how my perceiving myself with this client or working with a couple, maybe they're making me feel pretty uncomfortable. Like, How do I work through some of those things? And I really think through a lot of that.

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** A lot of for you specifically, when I'm meeting with you as well. I'm thinking through, Okay. How am I feeling about my business and and what are some of the things that are maybe pushing me away from wanting to take on more clients? Or what are some of the things that are making me feel really anxious about my my work load What are some of the ethical things as that? I am maybe not even aware of As well as the things that I'm bumping up against when I am working.

**Jason Wilkinson:** So even I think during the time of covid that we have kind of been in being able to think through, okay, like how should I what do I need to do? If I'm meeting with people in person and what are the things that I should be thinking about that? Maybe I'm not thinking about and...

**Dr. Tara Sanderson:** You know.

**Jason Wilkinson:** of course, having you there being that you've had your practice for the amount of time that you have, and then that you are really up to date and paying attention to state laws, like there are so many things that I would have missed Had it not been for you and if I weren't asking some questions in terms of just like, okay what is this? What is this supposed to look like if I set up um, my practice during the time of covid because I started my practice when early on In 2020 when covid kind of shut things down.

**Dr. Tara Sanderson:** Yeah.

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**Jason Wilkinson:** So even just thinking through, like what are, what am I missing state laws? State guidelines? National guidelines and being able to come with just questions And yeah.

**Dr. Tara Sanderson:** Yeah.

**Dr. Tara Sanderson:** Yeah, and I think that's one of the things that is really valuable for for us. As supervisors is not only you guys being prepared and having your list of clients and the questions that you

want to do for that. But that you, that you are spending time actively wondering what is it? That I don't know. And trying to figure out how to get there for some of some, of those pieces because I think that as supervisors, sometimes we get caught up in the, like, kind of the download and report kind of session where it's like, Here's my list of clients. I'm just gonna tell you. Yes, I'm working with them in these ways, or whatever and there's not anything for us to really like engage into. So in supervises, do ask themselves the question of like What is it that I don't know about working with this client. What is it that I could change up or thinking about your practice? You know, what is it? That is out there that maybe I should be thinking about if I'm gonna do this in this way, what are some of the ethical questions that come up with that? So that you have some real rich kind of meaty parts of our conversation?

**Jason Wilkinson:** yeah, yeah, and I think that's again I just think that's one of those things that that you bring that's really, really I mean it's just really helpful and there's there's times too where we get together and I've been thinking through things a lot and I feel like I've put in my effort my time and I still like I'm not really sure like everything seems to be going okay and...

**Dr. Tara Sanderson:** No.

**Jason Wilkinson:** pretty well and then that I feel like that's when you you kind of dig in a little bit you're like, okay well let's look at this and I'm like Oh okay yeah you know what, I hadn't thought about that. Let's do that. That would be really good. And so it, there's

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** There's definitely times again. I feel like where you have, you have expectations of what you want, your interns to be doing. But then you have expectations of what you need to bring to the table as well. And so it really does feel much more like a partnership where I I have a sense of responsibility and empowerment of how I want supervision to go for me. And and you, you take your responsibility seriously and what you want your interns and associates to be getting from supervision. I think that's just a it it's, it really is a partnership. I feel in a lot of ways.

**Dr. Tara Sanderson:** Yeah. Yeah, I totally agree in thinking about the different supervisors and kind of how those sessions look are. There similarities are there differences.

**Jason Wilkinson:** Yeah, there's a lot of differences just in with the group. You get to I hear a lot of different voices and there's times where I don't say, I don't I don't bring anything and I just I just listen or maybe I ask questions but when I'm with you it is it is you and me and and that just changes the dot the whole dynamic where you know we we will talk theory and it's fun when when you ask me questions about theory or I can ask you like your thoughts on my theory. So we do we do talk about that but I feel like we just talk about more

**Jason Wilkinson:** just again you're you know the state of Oregon where I'm practicing, you know, you know, the ethical guidelines, you know, the ethical rules and laws the laws of the state to just some practicing and I When when I am first starting out my private practice, there's there's just a lot. In terms of you do feel like you're your head is up against the facing the fire hose or the fire hydrant. And the water just coming at it.

**Dr. Tara Sanderson:** You.

**Jason Wilkinson:** And so when I'm working with you to have somebody that's able to slow me down and and to say well like okay like if you thought about this ethically, or if you thought about this business wise and to get that one-on-one attention, where there's no hiding for me like I can't hide in a group or I can't, I should say I I can't hide in a group when I'm with you doing individual,...

**Dr. Tara Sanderson:** What? Are right.

**Jason Wilkinson:** right? Like I can hide in in my group supervision if I wanted to a little bit, but with you, It really is like no, I am on the spotlight here. I am on the hot seat. I need to bring something, I feel like there's a extra level of accountability. Even in that partnership.

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** So and and knowing that okay I'm gonna get followed up here like even a you know next time we meet there's gonna be some follow-up questions. I'm, I need to have my stuff together. To kind of be able to talk through those. Yeah.

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**Dr. Tara Sanderson:** Yeah.

**Dr. Tara Sanderson:** Absolutely. Absolutely. And I think that, that there are some really interesting components of group supervision typically has some, like, presentational-ish aspects. Like people are presenting about their person having questions that they want answered or...

**Jason Wilkinson:** Yeah.

**Dr. Tara Sanderson:** processing through some of their emotional, kind of stuff that comes up on their sign in therapy, but you you definitely don't have, you know, a full hour worth of time to yourself in those group sessions because you're sharing it with however many other folks are there. So you do have to keep things concise. You have to know what you want. You have to, you know, give room for other people to have questions or ask things so it's it's a really beneficial experience but yeah it's probably not going to hold the same accountability as an individual supervisor who's saying like Hey I want you to research this thing and come back and tell me what you found and and share this part with me or go and try and make this form or do this thing. And and let's just see how it plays out for moving.

**Jason Wilkinson:** Yeah. Yeah,...

**Dr. Tara Sanderson:** That thing forward.

**Jason Wilkinson:** even just kind of even things, you know, early on like disclosure statement and how you write that out. And, you know, of course you've got the licensing board here that looks at over too, but just things that you just are able to process through and discuss a little bit more with your individual in at least in my individual supervision with you, then would probably have time for in a group supervision setting and...

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** in just to kind of get a little bit more that individual work. Yeah, it's just you get something different from it and...

**Dr. Tara Sanderson:** Yeah.

**Dr. Tara Sanderson:** Yeah, absolutely.

**Jason Wilkinson:** it, it's great.

**Dr. Tara Sanderson:** Good, good. What other things did you kind of as you were thinking about coming on this podcast? Did you think Gosh I really want to make sure I share this with with this audience about being a supervisor

**Jason Wilkinson:** Yeah, you know, the, a lot of the things that I was thinking about you actually asked questions for already, so it,...

**Dr. Tara Sanderson:** So good.

**Jason Wilkinson:** it kind of worked out. I mean, I think just, again, like being able to go out and find being intentional and finding a supervisor and supervision that kind of works for for you, for, for me, I, I think I yeah, that's just I think that's a It's just beneficial, it's beneficial all the way around for, as a supervisee, and then for to have supervision where there's there's ownership. But again, having a supervisor, that that takes ownership of me as a supervisee, but then is also flexible enough to know, like, Hey, you're not, you are not mine. Mine, like, you've got to go figure out or you, you've got to be given the space to figure out what works for you. And I think to have that kind of support.

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** As just been phenomenal and then knowing too like you will send it out emails. Of things that I'm not even thinking about, or that I'm not even aware of and you'll just send it to me and say, like, Hey, here's something for you to be aware of her, something for you to kind of be thinking about a processing and for, for me to have that kind of support again. I mean it just it brings, it brings comfort, especially when early on when I'm just starting out, I mean it brings comfort and knowing that, okay? She's open to To to receiving emails and...

**Dr. Tara Sanderson:** Okay.

**Jason Wilkinson:** to have that communication. Like she wants to have that communication with me and that's just a huge thing.

**Dr. Tara Sanderson:** Yeah. Yeah, as you were saying that I almost I had that vision in my head of like, somebody kind of like keeping their eye on you even when you're not in this room, right? So it's like I am if I know of something that's coming down the pike, I want to send it to you so that, you know, like, hey, you're not out there all by yourself doing your thing until you like, you know, every two weeks show up in my space, like I know where you are, I see what you're doing out there. And like, let's let's keep in touch and make sure that we're doing those pieces. Somebody just somebody caring for for the whole picture of what you're, what you're going through and how you're getting through this rather than it just being kind of a box that you check off like yep and got supervision this month. Now, I can keep doing what I'm doing.

**Jason Wilkinson:** Yeah. Yeah.

**Dr. Tara Sanderson:** And even as I said that, like I, I hope that people who are out there who are doing just check off the box supervision of like. Yeah. Yeah, I just go to get it done. I, I kind of hope that they take

your advice of like find somebody that really fits, you be on the hunt for and be intentional for finding somebody who really gets you and where you're at, and how you want to grow. Because it is, there are plenty of supervisors out there. Even if it doesn't feel like there are, but there are plenty of them out there. And there's probably one that would be a better fit than somebody here. Just kind of not in smiling your way through supervision with.

00:40:00

**Jason Wilkinson:** Yeah. Yeah, I think I think we spent too much time in supervision to just kind of knot our heads and be like go on and...

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** it's like this is this is something where I want to be able to get something out of this. Like I'm yeah there's there's no reason for me just to go ahead and...

**Dr. Tara Sanderson:** Something.

**Jason Wilkinson:** spend an hour with you just To check a box.

**Dr. Tara Sanderson:** Check about, Mm-hmm.

**Jason Wilkinson:** And and yeah while I want to check the box like I want to take advantage of the time that I've got with somebody who's got more experience than I do and it's gonna be able to guide me through some things that I'll want guidance on.

**Dr. Tara Sanderson:** Yeah.

**Dr. Tara Sanderson:** Yeah, absolutely. Absolutely. I met with another supervisor a while back and did an episode, and she's actually building a practice based on supervision and based on supervision across the developmental lifespan of a therapist. So she's encouraging people who are already licensed to continue getting supervision and support through through all of their experiences. And all I could think of when I, when I heard that model was, how much better would that make our profession? If we just had someone we're like, if we were all required, that every month we had one hour of group or one hour of individual or whatever, kinds of experiences to continue to keep us kind of on the straight and narrow of what we're doing, how we're growing with our theoretical orientation, ask being able to ask questions of like Hey I was thinking about offering essential oils in my practice. What what ethical things should I consider about that like just being able to think through some of those details with people and get get yeah.

**Dr. Tara Sanderson:** Another voice in the room because I think sometimes when we stray from that, we end up getting a little too close to the questionable lines. And that's when when we get ourselves into trouble,

**Jason Wilkinson:** Yeah, I think that's a great idea and I know that we've talked about what it can look like, even as I'm getting closer to my hours, just you and I having conversations about okay, what could it look like even after I've gotten those hours to, to continue to meet with you on a periodic? You know, basis. Consistent but basis as well, but just able to have that That other boys again, while I still am gaining experience. Like I have in no way shape or form have the same amount of experiences you have. I haven't seen as much as you have and and I think as long as we're both practicing, that's going to be the case.

**Dr. Tara Sanderson:** Yeah. Yeah. Yeah.

**Jason Wilkinson:** So there's no reason for me, not to try to take advantage of what I've got. And and the report that we've built And continue to grow as a therapist and continue to have somebody else who's seeing things that I'm I'm not.

**Dr. Tara Sanderson:** Absolutely. I have my own group of folks that I consult with on a regular basis as a supervisor, as a clinician, as, as somebody who's trying to make their business, the best that I can, I think the more we build that community, the better we all are in that process. I learned for my supervises all the time. As we, as I continue to grow of the questions that they ask, I often have to be like, Oh that's a great one. Let me process through what I would do in that situation, who would I go talk to about this if if this were my question and I think it's really important that we all continue to just understand that we are not in this alone and we we do have access to other folks. We may just need to intentionally build that community.

**Jason Wilkinson:** Yeah.

**Dr. Tara Sanderson:** Well, thank you so much for this dialogue. I really appreciate having the opportunity to kind of, like, dig into your little brain and have other people be able to hear kind of how we problem solve and think about things. If people want to find out more about your practice, where would they go?

**Jason Wilkinson:** Yeah, you can find me at, you know, my my website is [www.wellspace Pdx.com](http://www.wellspacepdx.com), you can find me there. You can find me on Instagram at WellSpace Pdx and then, yeah, I'd love to connect with anybody, you know, emails. Whatever it is.

**Dr. Tara Sanderson:** And I know we didn't talk a lot about restoration therapy but for folks who are interested in learning more about that and understanding that mindset, where can they find more information?

**Jason Wilkinson:** Yeah, you can go to [restoration therapy.com](http://restorationtherapy.com) and you will get a lot of information on restoration therapy. It's it's you know, it it's really nothing, nothing new but I feel like it takes a bunch of different forms of therapy. It really synthesizes it together. And in terms of attachment, contextual family therapy some mindfulness and neuroscience it, brings it together, you know, package and in a way that just makes a lot of sense for the clinician and for the client. So again,...

**Dr. Tara Sanderson:** Yeah.

**Jason Wilkinson:** you go to [Restoration Therapy.com](http://RestorationTherapy.com), look at Dr. Terry Hargrave. You'll get a lot of information there.

00:45:00

**Dr. Tara Sanderson:** Perfect. Well thank you so much Jason and I hope you have a great rest of your day.

**Jason Wilkinson:** Yeah, you too. Thank you.