

Podcast Guest (Amy Smitke) (2022-11-28 09:11 GMT-8) - Transcript

Attendees

Amy Smitke, Dr. Tara Sanderson

Transcript

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Dr. Tara Sanderson: Hi everybody, and Welcome to Supervision Smorgasbord. A podcast about the clinical supervision strategies. That will make your life as a supervisor easier and more fun. I'm your host Dr. Tara Sanderson, a licensed psychologist and group practice owner in the wonderful state of Oregon. Thanks for joining me today. Today we're going to be doing an interview with a cool supervisor and entrepreneur that I found on a Facebook group. Who is advertising her launch? Your supervision Private practice course. Amy is a dedicated and passionate supervisor and counselor. She is dedicated to helping individuals gain insight and understanding of their strengths goals, and hope by working on personalized goals and objectives. In addition to her clinical work, she wishes to help clients by serving those other clinical mental health professionals through supervising and training. And I noticed when I first saw your Facebook group kind of not,

Dr. Tara Sanderson: This just how passionate you are about supervision. So I knew I just had to have you on the show to tell almost all about your course and all about your passion and the things that you find help, you be the best supervisor, you can be So now I start, I start my podcast always Amy with a question and here is yours. What is one thing you would do if you knew that it was impossible to fail at it?

Dr. Tara Sanderson: I know I'm bringing out the big deep ones today.

Amy Smitke: Um, yeah. Wow. They're so. Many things that you could go with that one, right? Like, you could go career, you could go just you know, you know, I think

Amy Smitke: Mmm. Um, maybe. Truly go. I know some people already do this. Go. Almost completely like travel. Right, travel and...

Dr. Tara Sanderson: oh,

Amy Smitke: work. And I know there's therapists do that and there's groups of them and do that. And I think that's fantastic. Just kind of get rid of most of my my worldly belongings and my husband just travel and I can work on the road and we can just enjoy You know what life has to offer instead of waiting till we're old and can't move and

Dr. Tara Sanderson: Yeah, for sure. Somebody recently, I found the term of the uncaged life. And I liked that term.

Amy Smitke: oh,

Dr. Tara Sanderson: As some you know, is thinking about that idea of like just being able to do your work and travel and experience the world without all of the, like intense trappings of all the stuff that we accumulate and...

Amy Smitke: Yeah.

Dr. Tara Sanderson: all of the like, feeling that you need to stay. So rooted in a spot and I just thought it was a really cool term and that, that sounds Yeah, familiar for sure. For sure.

Amy Smitke: okay, yeah, so that's definitely nice because I don't you know, I think we've I get it but I think we've got a little opposite where We spend so much of our life, right? Like a very large portion of our life having to work. Finding stem amount of hours and we do you know return exchange for stuff right often rather than experience and We do that during our prime and then we finally get to retire more like I'm tired. I'm gonna enjoy all the things I worked,...

Dr. Tara Sanderson: Yeah.

Amy Smitke: all those many years to do, you...

Dr. Tara Sanderson: Yeah.

Amy Smitke: Now I just want to sit at home.

Dr. Tara Sanderson: Yeah, it is work, my dad just retired last year, or two years ago, I can't remember, but, you know, he talks all the time about how retirement is in order to like, actually do the things that you saved all this time, and money and energy for right, it takes so much work to go on these big vacations and do all these pieces and travel the world. When. Yeah, you kind of just want to sit at home and watch TV and like maybe put in the garden if you want to like yeah.

Amy Smitke: Right.

Dr. Tara Sanderson: Because you, you did spend a lot of those middle years just working away.

Amy Smitke: Yeah, so I kind of envy the the younger people who have either figured out somehow way early or Just go, you know, I'm taking a few years off and I'm gonna travel and...

Dr. Tara Sanderson: Yeah.

Amy Smitke: then I'm going to come back, you know, so I can feel like I've had that opportunity and it didn't, you know, disappear, while I was so focused on other goals, right? So yeah.

Dr. Tara Sanderson: Yeah.

Dr. Tara Sanderson: For sure, for sure, one of the, I think the best things I did for my career, I went to college and then took a year to work in in the industry. I thought I wanted to go into before I went to grad school and so many of my friends went straight through to grad school. So by the time they were 20 five, they had all of these degrees under their belt, but they also had like zero experience under their belt and although like it wasn't fun playtime all the time during that work in between but just having that difference

of experience of like, oh I have seen these things. I have done these things, made my graduate school experience so much more rich because I had things to apply it to. I had some like, Oh, I had this, you know, I've dealt with this thing that made it different and you know, blowing that out even further and imagining what it would be if I had taken time to travel and then do that like, oh how rich would some of those other experiences a bit?

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Amy Smitke: No, so much.

Dr. Tara Sanderson: Yeah, for sure for sure. Well, let's get chatting to the things that everybody's here to listen about. Tell me a little bit about how it came about for you to start your course on launching the supervision practice.

Amy Smitke: Oh, so, you know, I'm in a couple different like membership groups, where, you know, I learn about, you know, how to be an entrepreneur and, you know, to grow my own private practice and many, many other goals that I have that, I have to kind of sword and organize and kind of on the side. I've just started to do more external supervision. In terms of, you know, I've been a comical doctor and and I've been in supervisory roles and you're more traditional settings, right in an agency or place. Like that. And I've just found myself over the last couple years doing more and more, you know, individual supervision for people who outside of their workplaces. Right. So and through that experience, it's been very positive. I've always kind of enjoyed

Amy Smitke: That supervisory piece where it can be, that growing learning developing kind of process. I don't like so much having to do the authoritarian piece, right? Like you need to clock in on time. I don't like that piece. I want to be what help people grow. Not that you can't do both, but that's not my favorite part. And so, you know, and I had, I've had some fantastic supervisees, but you know, earlier late last year only this year I had a couple that were at a private practice, which was a very very bad experience for them and...

Dr. Tara Sanderson: and,

Amy Smitke: it was a big learning experience for me as well, and Through that. In addition to like my supervision group that I run on Facebook and other groups that I am in, I see lots of people really interested in supervision rights come across. Almost every super I see I've had has had bad pretty supervision And, and also to the point that some of them have had to restart their hours over because that supervisor wants to submit their hours board.

Dr. Tara Sanderson: Mmm. Oh no.

Amy Smitke: And and so I'm like Wow I just happening right? Like where we falling in this field where there's lots of quality people out there that aren't just aren't providing it or they don't know how to start and I see a lot of people asking those questions and group and You know, I do my best to try to answer them. And so finally I was like You know I have all these people asking the same questions, right? Like kind of like you and I were talking about earlier was I see all this? How can I help I guess in a broader way and coaching I think for supervisors is one of my next steps as well but But I was, I was doing kind of a hot seat coaching session on my membership groups and

Amy Smitke: Trying to like figure out like what, what is my next step? What I wanted to do, and that came out of that coaching conversation and because I was telling the group that I have and it's for supervises and supervisors, you know, interns and it. So that kind of where that conversation led to some thoughts and ideas of some workshops. I kind of would want to put together. And so then I did and it's kind of like What are all the things I see people asking that I can offer and, you know, a lot of those questions are How do I pick the right supervises? What do I talk about in supervision? What charge? What are my liabilities and risks? That one a lot of people sometimes are asking but should, you know,...

Dr. Tara Sanderson: Yet.

Amy Smitke: so some of those main questions of like I don't even know where to begin with that. How do I market myself? You know, I see lots of people going. I'm, I've been out there and I've asked, but I'm not getting a lot of feedback, or I'm not getting a lot of supervises, but I want to do this. And so I, I guess I've been kind of fairly successful and having run several groups at a time and having individuals, all very full of being able to connect with people and build supervising groups, Um, so yeah, so that's kind of where the concept for my job came. So,

Dr. Tara Sanderson: Yeah. I love it and I love some of the concepts that you're talking about, because I do think that those are such common questions. How do I get myself out there as a supervisor? What is your top tip for that?

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Amy Smitke: I think connection. You...

Dr. Tara Sanderson: Yeah.

Amy Smitke: I spent a fair amount of time, I don't want to say and I do talk about that a little bit in the workshop because that's a question. Somebody asks, right in my live workshop. That's I did a live version of the workshop and that is part of when you buy the workshop, you get that copy. So in addition to all the worksheets,...

Dr. Tara Sanderson: Nice.

Amy Smitke: all of those things. So I spend.

Amy Smitke: It doesn't seem like a lot of time, but it makes a big difference. You know, I joined all the ones I can find right in Ohio, all my local therapists social worker, Supervisor groups. That's local to Ohio and I try to engage in them and...

Dr. Tara Sanderson: Yeah.

Amy Smitke: like, with intention, right? Like not, I'm hoping that this person becomes a supervisee of mine, not what that intense, but my intention of connection, And so I see lots of people answering questions and...

Dr. Tara Sanderson: Okay.

Amy Smitke: I just answer them or I help give them feedback or direction hey, look here or reach out to this person at the board. This someone I have a great you know, conversation with and they're someone

who's gonna respond to you and it may not be supervision related, right? Just maybe resource related or support and...

Dr. Tara Sanderson: Yeah.

Amy Smitke: so then You know, it's nice because then I do have people randomly reach out like, Hey, do you mind having a conversation with me? And I do a lot of that stuff for free on my own time and I don't ask for anything in return. Other than I know, it would be helpful if I had that when I was in their position, right? and because we didn't have Facebook, and that kind of stuff quite like that when I was earlier in the field, and then, I think, then when I do post, Hey, I have openings in my group or whatever those are people then go, I know her. Right. She's helpful, she has answers. She's, she's engaged, and so that's really helpful. When I'm looking to fill groups, right? Or looking to take on supervises...

Dr. Tara Sanderson: Yeah.

Amy Smitke: because some people know me, right? So, Like share. No right? Like Lakeshore,...

Dr. Tara Sanderson: Yeah. Yeah.

Amy Smitke: Trust factor. I'm not just some random person they've never engaged with or seen showing up and saying, Hey, I'll be a great supervisor for you. Yeah.

Dr. Tara Sanderson: Right. Yeah, you're building that name. Brand recognition. You're building your being a resource to the community so people learn to trust that and then yeah and then when you have openings and availability, then people want in, they want to be a part of that. Yeah, that's huge.

Amy Smitke: Yeah.

Dr. Tara Sanderson: What would you say to folks who are scared to answer questions on Facebook or whatever because they're afraid they'll be wrong or they'll feel like they're you know a little impostery in that space.

Amy Smitke: I feel like that all the time. you know, I think with Being a supervisor. We have to be vulnerable, right? And I mean that's as a therapist we kind of do two, even if we aren't sharing partial stuff, right? We have to be willing to take a risk to help somebody else. And so I know there's sometimes I post like hey this has been my experience. But I would also ask other people, right? Like, so sometimes I'm putting out there, like Here's my thoughts. But that doesn't mean like you were saying earlier,...

Dr. Tara Sanderson: Again.

Amy Smitke: too, like, I'm not the only one who hasn't answered. Now, I will say there's a few things I have debated with people on because I've had very specific conversations about those things with like the director of the board. And so I never want anyone to

Dr. Tara Sanderson: Right.

Amy Smitke: Unintentionally directed in a wrong way but with my supervises, all the time aren't even on Facebook groups. It's not. I'm not the only person who knows the answer. Right. But sometimes people go.

Dr. Tara Sanderson: Right.

Amy Smitke: Okay. Well, someone gave me one answer But five people gave me an answer. Maybe I feel more validated in my experience or I feel like this is the best direction. Sometimes you're just Even if you go, I've read all these comments and they all say the same thing. That's okay. That what I...

Dr. Tara Sanderson: Hmm. Yeah.

Amy Smitke: like it's just reinforcing that like, what that person's asking, or what that person's going through is validating and you can be a part of that validation. You...

Dr. Tara Sanderson: Yeah.

Amy Smitke: I don't know all the answers and I never will, right? And so that just comes from experience. You know, and there's still times, I I'm a business partner from the group practice I run and there's times. I'm like, am I like, you know, my off with how I think about this? Like you know, sometimes they do that I do and I know a lot of people are terrified board and I I get it right. I have a good relationship with the board. Maybe annoyingly. So, because I'm always emailing them like, Hey, I came across this scenario and I don't know how I'm thinking is, right? Or, I can't find it very clearly in the Code of Ethics or the laws and regulations. How would...

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Dr. Tara Sanderson: Yeah.

Amy Smitke: how should I interpret them? And, I mean, I've had phone calls and video calls the board. And so, a lot of people are terrified to reach out. But they can be super helpful and...

Dr. Tara Sanderson: Yeah.

Amy Smitke: learning and understanding. And then that way when I'm supervising people, I then do feel more comfortable. Providing feedback and insight. Because I feel comfortable and safe talking to the board about those things.

Dr. Tara Sanderson: Yeah.

Amy Smitke: You know, and so a lot of it, it's fear. But like, where's that fear? Come from,

Amy Smitke: Yeah.

Dr. Tara Sanderson: Protect the Public. Interestingly enough. The board wants to answer those like they want to be a part of that process.

Amy Smitke: Yeah.

Dr. Tara Sanderson: They care about it. So they do want to like dig in with you and and wrestle with some of those topics because in addition to giving you the answer, it's educating them on things that aren't clear. So that they can make it more clear and then they don't have to answer those questions in the future. It's nothing but cycling out from your, in your question into making change and I mean if we think about our role as therapist, one of our biggest roles is to figure out ways to help make change on a lot of different levels. Whether it's one person or societally or all sorts of different ways.

Amy Smitke: Yeah.

Dr. Tara Sanderson: So the board is an awesome place to build connection and feel comfortable, so that you can know that you're doing the right thing. You're decreasing, your own anxiety, and that process. And then, of course, the supervisors, we're passing that on

Amy Smitke: I,

Dr. Tara Sanderson: Yeah, that's super valuable super valuable. I feel the same way about some of the local lawyers who are really advocates in mental health. We've got a couple out here who have really kind of honed their entire practices to be How can we support mental health providers because it is such a vital industry and it's so fraught with a lot of fear and you know, intensity One of our local lawyers. Does a talk every year on ethics for our organ, psychological association and our counseling associations and every once in a while all, as I'm running through something with people in Oregon about how to set things up or what to do with them, I'll say something about Paul Cooney and every, once in a while, I have somebody be like who's that? I'm like Oh well let me introduce you to the person who absolutely cares about organ mental health.

Dr. Tara Sanderson: Probably more than any of us do. Like he is so dedicated and you know, I quote a lot of his things of like from this perspective. This is why we need to do it this way. This is what's going to protect your practice. This is what's going to protect your supervisees, This is going to protect our clients. In this way because at the end of the day, if we can't continue to do what we want, what we're doing, in our in our jobs, and in our roles, then mental health doesn't get served and and our people don't get the care that they need. So we kind of have to you know pull those things together and having that having that piece of connection with the board connection, with a lawyer who's really looking out for the industry in that way, does give you a sense of like Of confidence, I guess is the right word and...

Amy Smitke: Yeah.

Dr. Tara Sanderson: not like cockiness. If I can do anything I want and I know it all but confidence in like not only do I feel good about how I'm doing this. I have resources to go ask if I'm not sure.

Amy Smitke: 100%.

Dr. Tara Sanderson: Yeah, yeah. That's huge. What are some other questions that folks? Ask you that you think are important for us to kind of touch on today?

Amy Smitke: I think a lot of people are really overwhelmed by A couple things one. What do I talk about? How do I build that time,...

Dr. Tara Sanderson: Yeah.

Amy Smitke: right? You know, because and I see people do a different way, some people do them in one hour blocks, some people do two hour chunks.

Amy Smitke: You know, I don't know. There's one go-to answer for that. I definitely my workshop. I provide like a whole list of topics that people can utilize, you know, so obviously some key ones are ethics cultural competency some of that, those types of things, which should be pretty routine. I know for myself, I have case scenarios, I do. I have client, you know, clinicians bringing case consultations, you know anything.

They need some feedback on our nursing supervision of, you know, I spend, I try to do professional development. Like, How are you engage with the people around you? How are you building communication, and, and networking and relationships in the field? With my business, my group practice. We're doing monthly networking events. You know,...

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Dr. Tara Sanderson: Nice.

Amy Smitke: and it's again like we're not communicating with other people. And I always see people out there like, how where do I work for this to? Well, we need to make connections, right? And so you know,...

Dr. Tara Sanderson: Yeah.

Amy Smitke: there's a lot of those things that you know, we don't talk about, we talk about treatment planning and assessing and you know, some of those core pieces that were all probably doing. You know, but we talk about laws and ethics, you know, not just from Hey, Here's what it says, but how do we apply that in our day-to-day? What does that look like?

Amy Smitke: So I think those are some of the the big topics. Obviously there's a whole, you know, slew of them. I also have been there,...

Dr. Tara Sanderson: Now.

Amy Smitke: you know, include just a copy of like the core competencies because it depends, right? All the some...

Dr. Tara Sanderson: Yeah.

Amy Smitke: what vaguely the same, you know, each professional governing body has their own competencies, right? And so with social workers, you know, I have my nine and we kind of address those like, How are we following this in supervision?

Dr. Tara Sanderson: Now.

Amy Smitke: And I do a lot of that. I also work with student interns so I do a lot of work with student interns. I, I contract with a local university, to be their liaison, you know, assist them through their super, their internship process, you know, on that school, kind of their go-to person to make sure they're doing all the things they need to, and they have any issues. I'm there like middle person, right? And so you know,...

Dr. Tara Sanderson: Nice.

Amy Smitke: but we have to focus on the core competency. Are you getting everything? You know, internship, that doesn't stop at internship. You...

Dr. Tara Sanderson: Yeah. Yeah.

Amy Smitke: I mean like those cool things need to be continued to develop throughout your whole career and so you know really going back to what your core competencies are is really important as well. Like am I doing these things? So, like, I definitely will pull out the code of ethics in supervision and, you know, have those conversations.

Amy Smitke: but I think a lot of people also get I think almost back to your initial question about how to engage when you're not sure, you don't feel confident and it's Someone brings something to you. How do you feel about if you need to report something right? Or you need to have that clinician report something?

Dr. Tara Sanderson: Yeah.

Amy Smitke: Right. So I think those are conversations to that. A lot of people really struggle with, I'm going to be a supervisor How do I know when, or how do I navigate those types of things? You know, I think that's where We have supervisors. Could do a better job at having our own And there's places out there to do this, our own consult groups. Or. Other angles in the field that we can consult like again because I have a really close relationship with the board. I'm comfortable reaching out to them and saying Hey in that's if I don't know, right? Some things I think are very clear. This is absolutely something I have to report that you as a supervisory have to report How do I support you and reporting that, right? Because maybe they don't know...

Dr. Tara Sanderson: Right.

Amy Smitke: how and how do I walk them through that process or help them appropriately document that in that process, you know?

Amy Smitke: By, you know, again having that good relationship the board. If there's things that are, you know, like that's iffy, like it,...

Dr. Tara Sanderson: Now.

Amy Smitke: go really either way. Again, I feel really confident with my reaching out to the board and saying, Hey, I have the situation. What how do you recommend a handle that? You know? And so I think those are too big thing as. What do I talk about? How do I feel space? And how my I handle when I actually have to do the hard part of the job. So, I think those are the two big ones that people struggle with.

Dr. Tara Sanderson: Yeah.

Dr. Tara Sanderson: Those are excellence and I applaud every single person who's asked you those questions because I do think that we we get scared. A lot of like, well I should know what to do. I mean I took the course and supervision shouldn't I know what to do in this this space and and to be able to ask that question of like, Okay my supervisory came in and said that they don't have anything to talk about today. What do I do? Because I didn't cover that in the training that I took and...

Amy Smitke: Right.

Dr. Tara Sanderson: I love that. You have just an entire list in your course of like. Well, if if you need it, here's this prompt list start with one thing and just keep moving through it. Because I do think that that helps people feel like, okay, there's always something to be talking about. And I think that is true as well when we get into,...

Amy Smitke: If?

Dr. Tara Sanderson: we're already supervisors and we go into our own console groups. When I sit in a council group and some and everybody's like, everything's going, okay. We don't have anything to really

talk about today. I immediately think back to like well what do I talk about with my my students and I'm just gonna bring in one of those topics.

Dr. Tara Sanderson: Because I do think that we're, we probably shouldn't ever be in a place where we're just like, Yeah, everything's cool. Everything's fine. Because there's always places we need to, like, sharpen or ask questions or debate or get into, especially when it comes to ethics because everything is so gray in that area, right? Especially when it comes to reporting issues, especially when it comes to like, especially with supervisees when it comes to whether or not this person is going to be competent to practice like that's and that is a conversation. I want to have a lot. Not just, you know, when I have a supervisor who's, who's really kind of off the deep end somewhere, right? But with my, with my other ones of like, what are the standards of of care that we need to be looking at? What are those elements that they are supposed to be meeting? And are they, and, and do we know what they are? I love the idea of bringing in this core competencies to help us. Remember that. We're not just producing people.

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Dr. Tara Sanderson: Who can diagnose? We're not just producing people who can write a good note, We are really wanting to make sure that all of these other areas are met

Amy Smitke: Yeah, so yeah, we're gatekeepers a supervisors to the field whether that's an intern or...

Dr. Tara Sanderson: Yeah.

Amy Smitke: someone who's provisionally licensed like, we are gatekeepers to say, Are you allowed to practice independently? Are you allowed to even be in this field? Not only say loud? That's not the right word? Are you appropriate right to be in field because we are Helping people in very vulnerable positions and we have high risk. If we Make mistakes, right? So so, yeah. Absolutely. You know what? I think. Kind of going on that. Like what do we talk about a supervisors? You know, I always try to have some list of things ready, you know? But I think that we also have to put some preface on. Like, when I do supervision, I have contracts.

Amy Smitke: Right. And I do that for a couple different reasons. One it's protection for me and the supervisee right like for both of us but there's also an opportunity set initial expectations. Right away. What supervision is what it isn't. You know I also expect And some of them do better than others.

Dr. Tara Sanderson: Or yeah.

Amy Smitke: They're also responsible for their supervision Right? So they can't just expect that I'm leading they to pay in saying Hey I have these things going on.

Dr. Tara Sanderson: Nothing.

Amy Smitke: I have these questions. I don't feel like I'm getting x y z because that's their responsibility to make sure that they feel prepared for the field, right? And so and...

Dr. Tara Sanderson: Yep.

Amy Smitke: I do not understand my workshop. My original stuff I made this around this time last year and launched it was. I have supervision guides meant for supervises and I have one for Counselors one for social workers and...

Dr. Tara Sanderson: Nice.

Amy Smitke: one for marriage and family, therapist and incorporate those poor competencies of each of them into them. And there's worksheets, Hey, we're going to talk about ethics. Here's questions. You should be asking here provision logs and...

Dr. Tara Sanderson: Yes.

Amy Smitke: there's guides, and how do you get what you need out of supervision and take some ownership of that to make sure you are. Being a little more assertive and what you're getting. Because a lot of people are in agencies where the supervisors maybe are super invested in that kind of supervision. How are you taking responsibility to make sure you're prepared for yourself. When maybe sometimes your supervisor That's not their priority, right? And so,...

Dr. Tara Sanderson: Yep.

Amy Smitke: so there's things like that. There's evaluations in there that you can evaluate your progress and do those types of things.

Dr. Tara Sanderson: Nice.

Amy Smitke: Because I think that's just as important that of supervise is taking responsibility for their supervision as well.

Dr. Tara Sanderson: Yeah, and one of the ways that I think I talk about that with my supervises is remembering that, once you're done with the required supervision from your board, you are then responsible to keep monitoring yourself over the rest of your career. There's nobody looking over your shoulder, I mean, the board requires these things. You report on different ceus that you take. But other than like, small guidance that they give you of this, many cultural competency ones or suicide awareness, or whatever, kinds of things. Like you get to decide where you're growing and as much fun as it is, to decide that you're gonna learn about all these different intervention styles over the rest of your career. You probably need to make sure you're spending some time on those really tough questions that nobody likes to like actually spend time in but that are good for you because that's what helps protect our clients. From a lot of weird stuff that people choose to do and...

Amy Smitke: Yes.

Dr. Tara Sanderson: I I think that that part is really a valid way for us as supervisors to demonstrate that by having this

Dr. Tara Sanderson: kit of paper that says,

Dr. Tara Sanderson: Here, your core competence. These are things. You're going to grow in your whole life and then like going from there. Like as you're looking at the next 40 years of being a therapist like Start weaving in what Ceus are going to help you continue to grow in these core competencies. Or is it going to be a consultation group helps you with this one or, you know, having somebody do more intensive supervision over a certain area even after your license? Because that's not unheard of like, for everybody who's listening. It's not unheard of to continue to have supervision and continue to go to consultation, and grow as a therapist, because that's required of us. And it's really just best practice for our clients, and so

developing that plan with them, and we're helping them recognize. And see that just just sends the message of this is a continual learning process to be a good therapist and especially if they decide they also want to supervise at some point. You're we're just spreading that down the line of this is what's important and valuable

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Amy Smitke: Absolutely.

Dr. Tara Sanderson: Yeah, that is awesome. Well, we are gonna pull together some wrap up here in just a moment and I wonder if you'd like to give us some info on how people can find. Your course, find these packets get connected with you.

Amy Smitke: But yeah, so my main website is motivated, wellness solutions llc.com. So on there you can find, you know, I think I have five looking off that my head because I have multiple websites. I managed to mine that, you know, I think it's under it might be under workshop or services. There is, you know, some options there where, you know, if you're in Ohio, that's where I'm licensed and you want supervision, you can find out more about what what does that look like with me directly. But then there's also where you can find my workshops and my guides and those will take you to the link at which you can learn more. There's some information on the website that then you can learn more from where you would actually purchase it directly. You know, all my social medias are the same as far as motivated wellness solutions. So, you can find but you can find all the links on my website. As far as how to find me on different platforms. I also,

Amy Smitke: I think on my website but also you can find the link mostly in my my Instagram. If you want to join my supervision group in terms of, it's for supervisors, supervisors and turns. So people who are looking to get a supervisor guard list of state or supervisees. So you are more than welcome to market in there on. Hey I have a group anyone from this or want to learn more about what that state looks like to get license. Then Or you're looking for internships, you can find that link in my Instagram. So that's also a great place for you to connect and build relationships with other people in your state. And yeah, so those are kind of two, three places. If you will that you can find more about my workshop. My guides I do.

Amy Smitke: I'm in the process of starting my outline for my next thing which would be, I haven't figured out how I want to verb it or term it, but it will be almost like a curriculum for supervisors. So it would be Hey we're gonna come up ethics.

Dr. Tara Sanderson: Oh awesome.

Amy Smitke: Here's some case scenarios. Here's some. You know, all the things that I can talk about here is the questions that I would ask. Here's those types of things, but kind of having An expanded example of each topic like how I would present it was the information.

Dr. Tara Sanderson: Sure.

Amy Smitke: Here's the worksheets. I would hand out or whatever that would do. So I've done curriculums like that for groups. So kind of just transitioning. That skill over to for supervisors.

Dr. Tara Sanderson: That's amazing. I have something that's Similar-ish. Mine is a weekly ethics prompt that goes out to supervisors of something that they can use in their supervision or...

Amy Smitke: Okay.

Dr. Tara Sanderson: in their didactic or other kinds of things. But I love the idea of how you're planning on expanding that. For yourself of like what you might do or hear the worksheets, you might go through or hear these types of things. I feel like one of the things that I love about our industry is like the the only competition. I feel like we really have is time money and resources. I don't feel like most of us are really competing with each other for clients or for supervisors or for any of those things. Plenty of people it's really to me it's more about like How do people learn...

Amy Smitke: Yeah.

Dr. Tara Sanderson: what what avenue do they want to go down for some people, mine might be too minimal, they may want more of your expanded view for some people that expanded you might freak them out or they're like Oh this is too much.

Dr. Tara Sanderson: I don't want that. I just want somebody to give me a question to ask and I don't, I don't think that there needs to be a lot of like intensity feeling around competition in in this arena. I think it's more about. How do we make sure that the information is available to as many people as possible? So that everybody is asking the right questions in the way, that's going to help people be their best supervisor

Amy Smitke: 100%.

Dr. Tara Sanderson: So I think that's really awesome. Great. I I can't wait for people to find you The three big takeaways that I got today. Over the first one is all about connection, it's about connecting with your community. It's connecting with other supervisors, it's making that name brand recognition, that thing that people can trust in order to build your practice for supervisees, for building groups, for doing all those pieces. But also as a model for your supervises of how they gain resources, gain access, how you connect to the board, or to lawyers in your area. Like all of those pieces connection is kind of key, right? And then the second big takeaway really is all about making sure that we are following through on continuing to address our own stuff. To learn more to check ourselves on our core competencies and our ethics. As we are continuing to develop our, our supervises, our students,

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Dr. Tara Sanderson: And also what they are expected to bring to the table. Because this is a This is a relationship that we are building for their benefit as they are going to launch into the wild world of therapy. and having set those expectations early on and that you can go back to is a real important value to the process of developing as a supervisor Is there anything else that you feel like,...

Amy Smitke: Don't.

Dr. Tara Sanderson: you know, was a big takeaway for you or something that you'd want to like highlight before we go?

Amy Smitke: Know, I mean I think that you sum those up very well in terms of the core pieces of what we talked about. But I mean again you know, I cover this a little bit more I workshop, but kind of back to the contract is, you know, it is

Amy Smitke: A little bit more about why it's important, not just for the things that you highlighted, but in there, it's the expectations that I include in mine are not, they should be bringing stuff to the table, but the

expectation of how I'm providing them first, you know. So there's those provide me with supervision long, to sign off, right documentation of the proof. What we worked on my expectations provide that back to them and to submit their hours support, right? I've had so many clinicians that I've supervised, like I said earlier, the board, didn't their previous supervisors were like, Oh why? I didn't know I was providing clinic training supervision,...

Dr. Tara Sanderson: oh,

Amy Smitke: right? Well, I wouldn't. I'm not gonna give it to the board. I can't track them down or they didn't have proof of their supervision. And so that is part of the key. Purpose of my contract is that I'm saying something. I always say, if something more bad happens to me, right? The end of the day, you have your system for you. Have my contract saying, I approve, To do these hours for you you know?

Dr. Tara Sanderson: Yeah.

Amy Smitke: And so that's one of those things that like I just think it's really really important to have because That's we're taking on that.

Dr. Tara Sanderson: Yeah.

Amy Smitke: That one's ability for their livelihood. So, that's a big responsibility.

Dr. Tara Sanderson: Yeah.

Dr. Tara Sanderson: I really appreciate that expanded view of your part of the contract because I do think that sometimes sometimes people have experienced that somebody took that more more casually than you are and especially the part of. Like, if something happens to me, I want your hours to still count for you. I want you to have everything you need to do that. I, I don't know if, you know, it know, Roy Huggins from Person-centered Tech he passed away last year. And one of one of the big components that, I think we all learned from from him, from his passing, was that something could happen to you at any time and you do need to have planes in place to make sure that your people are cared for. And when you sign on to be somebody supervisor, they're part of your people. And now you, you need to make sure that everything is taking care of for them. So in your contract saying You know, yes we're gonna take care of your hours. Yes. We're gonna do these things and and I am I am responsible to make sure you have everything you

Dr. Tara Sanderson: Need should anything happen to me for the hours that I have kind of signed off on is, is huge. And really touches my heart of like, Yes, people are thinking about hard things even if they're not fun to think about sometime. Very cool,...

Amy Smitke: Oh yeah.

Dr. Tara Sanderson: very cool. Well great. Well thank you so much for your time today. I am going to put all of your information at in the bottom of our show notes and hope that people do follow up and connect with you and it has been awesome. Having you as our guest today.

Amy Smitke: Thank you so much for having me on it was great. I loved it!