

Podcast Guest (Brittney Brownfield) (2023-01-13 13:05 GMT-8) - Transcript

Attendees

Dr. Tara Sanderson, Popcorn Psychology

Transcript

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Dr. Tara Sanderson: There it goes. Alright, everybody. Thank you so much for joining me today. Today, we're gonna be talking with Brittany Brownfield, and I'm, at Britney on her, co-hosted podcast of Popcorn Psychology on our episode, We talked about Hook and it was probably one of the most fun episodes that I have done in my, in my little illustrious podcasting career, not that I have a lot of podcasting that I've done, but I think the reason it was so fun was just how much interplay we got to have with each other and how just how interesting it was to take the psychology concepts that I love talking and geeking out about, and applying it to a movie that I love with my whole little heart. So, I am so excited to have you here. Brittany

Popcorn Psychology: Thank you so much and thank you for the compliments about guesting on our podcast recently. It's always really fun to find a movie that we get to talk about. That is a big part of our growing up and hook for me as well. Was a huge part of my childhood as I talk about on that episode and it was really fun having, you guess and you also share so much affection as well as professional insight into the story.

Dr. Tara Sanderson: Yay. I'm glad it was fun for everyone. I've also seen some notes on like Instagram and Facebook. Where people were like, This is amazing. I have to surprise. So I hope you got some good followers out of the deal too. Well, Brittany is like I said a co-host on the popcorn psychology podcast.

Popcorn Psychology: Thank you.

Dr. Tara Sanderson: That she's also a therapist in supervisor at Nosh family therapy in the Chicago area. And that's why she's on our show today is to talk about supervision and specifically about how we kind of, keep our heads, when we're supervisors because we do have so many parts of ourselves that are a process of doing this work. But before we get into that, I'm gonna ask you my my question, my random question my guess. And this one is right up your alley. What movie made? You laugh until you cried.

Popcorn Psychology: Oh, what movie made me laugh until I cried. I'm trying to think of those been one recently. You know what? Actually, I just saw let me laugh until I cried is the new movie Megan. Of that just came out like last weekend,...

Dr. Tara Sanderson: oh, really

Popcorn Psychology: I cannot recommend it enough. If you like comedy horror camp it is was such a fun way to start my movie experience of 2023 in that movie was seated with a full house,...

Dr. Tara Sanderson: nice.

Popcorn Psychology: if you can and if you feel comfortable going to a movie theater at this time, but the experience of seeing a movie like that in a full crowd with everyone, like fully reacting and laughing and yelling and stuff like that. I cannot recommend so Megan, which yes, is a movie about a killer robot doll. I would recommend to anyone listening, if they, if that seems like their cup of tea

Dr. Tara Sanderson: Yeah. Yeah, I love that because there is there. It's such a variety of like, what makes us get that visceral like, belly laugh response until we cry, right? It doesn't always have to be slapstick, comedy or something that's actually meant to be funny or whatever. It can come in so many different formats and especially like when you put that whole environment together of your in this full theater with everybody experiencing this new thing and even if you're aficionado on all things horror, like there is something that happens when you when you're in that theater with everybody else and that's super fun.

Popcorn Psychology: Enough.

Dr. Tara Sanderson: Very cool. Alright, so let's talk about supervision, how long have you been supervising folks? And kind of what got you started into doing that?

Popcorn Psychology: Sure. So I've been supervising in some capacity since about 20 also like 2016-2017, so about like, six or seven years. I was one of those people who did not get. So in the world of therapy for people who don't know, like, LPC is like the dependent license, where you have to go to see a supervisor and then lcpc you earn through time and hours and taking a stupid test in my opinion. And I was on those people that dragged my feet, getting my lcpc just...

Dr. Tara Sanderson: I don't.

Popcorn Psychology: because I didn't want to deal with it. I have no better excuse than that. And so I did like in four full supervising for a little bit before I got like fully licensed more just like supporting others and being part of group supervision. So it's a little that's why it's a little gray for me like when I officially like when I kind of started doing supervising...

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: but yeah so it's been a few years.

Dr. Tara Sanderson: Yeah, that's that's awesome. And in it's so interesting because every state has such different rules on all of those pieces.

Popcorn Psychology: Okay.

Dr. Tara Sanderson: In our, in our state, they're called professional counselor, associates. And...

Popcorn Psychology: Okay.

Dr. Tara Sanderson: then like professional counselors when they are fully independent and able to do their own thing. And we don't have that level of llcpc, we have, you could become an lpcs which would be the LPC supervisor once you kind of are.

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Popcorn Psychology: Yeah.

Dr. Tara Sanderson: I think you have to do three years post, your licensure to become a supervisor. So there's like levels and levels. And everything.

Popcorn Psychology: That's similar to.

Dr. Tara Sanderson: So different.

Popcorn Psychology: Yeah, I'm from. Sorry to cut you off. I'm from Ohio and...

Dr. Tara Sanderson: Maybe.

Popcorn Psychology: Ohio is really strict licensing wise. And so in order to I think sounds very similar in order to be a supervisor in Ohio, you have to get that extra like S.

Popcorn Psychology: Like hyphen s after your license and you also have to like, shadow, someone. So, actually, for a little bit of time, had someone sitting in, on my supervision with my supervisor, when I was a supervisee, so he could get his hours. So then I'll be a supervisor and...

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: an Illinois. No offense. I don't want to like offend any like Illinois, counseling gods and then reek the havoc of it. Like they it's a lot looser. Like basically if you have an independent license like that extra sea in your license, you can supervise anybody. So when I showed up in Illinois and...

Dr. Tara Sanderson: Wow. Yeah.

Popcorn Psychology: I was like who's gonna take care of me? Basically, as my supervisor, they're like, oh well, anyone with what they call, a big L here and I was like, Are you are you for real? Like it's like so gate kept in Ohio and...

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: like behind all these things and it sounds like it's similar where you're at as well.

Dr. Tara Sanderson: Very much so yeah. The the training cycle is is pretty intensive here and and yeah, every state is so different. I love that idea of there being little licensed people and...

Popcorn Psychology: Yeah. Yeah,...

Dr. Tara Sanderson: big licensed people.

Popcorn Psychology: even though the L isn't the thing that changes in Illinois from one to the other?

Dr. Tara Sanderson: and, Oh,...

Popcorn Psychology: I was like, okay.

Dr. Tara Sanderson: I love it. That makes me laugh. So what have been your experiences within supervision of being a supervisor that you've really enjoyed one of the things that have been so fun for you?

Popcorn Psychology: I mean, I think for a lot of therapists whether you supervisor or not collaboration, can be really satisfying, I mean, that's kind of what our podcast is to is we're collaborating and just working through cases of fictional people. But in supervision it's also similar in which you're supervises will bring you cases that they're working on and you get to kind of support them as they figure out how to move those parts of their brain that think about case, clutch like case conceptualization and things like that. So I find that very rewarding and also I think as a supervisor it keeps you on your toes in terms of knowing strategies and interventions and being more thoughtful, about why you make choices, you make as a therapist because I'll have like, supervises be like, Well, how would you approach it? And then I have to really break down. It's like when you have to teach them how to tie their shoes. And you're like, How do I time my shoes?

Dr. Tara Sanderson: Mm-hmm.

Popcorn Psychology: In a way that I do find helpful though because it makes me more introspective about how I approach clients.

Dr. Tara Sanderson: Yeah. Absolutely. I was I was thinking about this the other day about the effort that we have to put in to kind of materializing. What comes so innately from all of the time that we have done this work right? And then as we're trying to look at a supervisee and say Now, I'm gonna explain this to you of how I got here but there's so many caveats of well, I'm a behavioral model kind of therapist and you're not. So like this is...

Popcorn Psychology: Okay.

Dr. Tara Sanderson: how I'm coming here. But you don't have to come here and like these are the rules for me as a psychologist versus. These are the rules for an LPC. That might be different. And, you know, and I'm sitting there feeling like I've got so many caveats and asterix and like forever. These statements here to tell you how I would do something.

Dr. Tara Sanderson: And all the while I'm trying to help you understand. Like this is my thought process so that you can develop your thought process because I don't necessarily need them. Always to do what I would do. I need them to develop what they want to do. So in that idea of switching hats, like There's my supervisor hat where it's like, you must follow these rules because this is what is regulatory or This is, you know, risk related or whatever or that you must do this because it follows these guidelines. And then there's like, my teacher hat inside of supervision where I'm like. So, tell me how you've got to that place. Or Let me show you this model and now, I want you to interpret it within your own skin of How does that work? And and trying to keep, I guess track of which way, which hat, I'm wearing at any given time of like, Is this a requirement to do? Or is this a like? Oh, here's a recommendation. Or Here's something you might try or you know, kind of more teachery

Popcorn Psychology: Yeah, I think that's part of it. That's a definite nuance to that which I always have to remind for love because when you talk to a colleague and you're like discussing a case, you're both just kind of standing. On your like own two feet confidence level with like well I would do this. Yeah. What I

would do that. It's more of like it can be more of a debate that feels helpful but peer to peer, right? And so I think what I always have to be mindful and sometimes I do have to pump the brakes on myself and sort of rewind is the difference when talking with the Supervisor is like you were saying, you want to make sure that you are building them up and encouraging them all the time. And so I would kind of go off.

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Popcorn Psychology: I'm like, well, I would might do this or that similar to how I would talk to a colleague and then I have to be like but but you know that's my expertise or that's my comfort level or That's something I'm learning now and that's something that I'm kind of. That's a pocket that I'm getting comfortable in. So you're right. Like sometimes the caveats will come after the fact. Unfortunately because I want to make sure that I'm not telling the person in front of me. Oh, how you did it is wrong or make them just infer that that's what I'm implying by the fact that I'm going totally in a different direction.

Dr. Tara Sanderson: All right.

Popcorn Psychology: Is like you're saying, reminding them that there's validity in every approach. And there's will, and you want to encourage that they're gonna have their own approach and what feels the best to them and maybe I'm suggesting something helpful, but they don't have to mimic me as a clinician.

Dr. Tara Sanderson: Yeah, I am absolutely known in my practice for saying now. I would get really aggressive with my client here, but you don't have to because I tend to be kind of aggressive in my therapy sessions of like really confronting clients on stuff or, you know, I I may or may not have thrown koosh balls at my clients at times like, I, you know, anything to like get us into a new space or to just regulate from from where they're at, or whatever. And and my, my supervisors will would say that like my number one quote in supervision is like, but you don't have to be aggressive like me. Let's figure out how you would do it.

Popcorn Psychology: Yeah, I've I've been described by clientele is kind and firm so I think I probably have a similar issue approach to you and I always have to recognize and remember that that came from time and...

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: confidence and so a lot of times too, I think it's helpful for me to remember back to how green and sometimes incompetent or chaotic and messy and clueless. I felt when I was brand new

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: And that I have to make sure that I'm like meeting my supervisor there. If that's where they're at. Maybe they're not because I've definitely a supervised. These that blew me out of the water in terms of their confidence level. I was like wolf. Like you're more confident than me. And yeah I think it's I always have to acknowledge the group like the just the natural progression of my own growth that got me to a place where I could go harder about certain things or...

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: feel like I had the yeah just kind of the background to get into it with somebody in a certain way a client in a healthy way that I for sure would not have felt confident doing at like 26 27 28 when I was very new to the field still and...

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: trying to figure out what my style was as a therapist.

Dr. Tara Sanderson: Yeah, absolutely. Do you have any like off the top of your head tips that you would give on how to help kind of how to help new supervisors develop their kind of theoretical orientation or how they think about therapy?

Popcorn Psychology: I don't know if I have any like black and white tips or tricks other than I do. Like I think that's where the collaborative process supervision can be really. Helpful is You know, I would say try out different things. See? What feels most resonant to you. It feels most natural. um coming out of your mouth and how it feels when you get it back from a client and how that working goes because a lot of people Fall into like specific camps as well, which I also discourage. In terms of you don't have to be just a CBT therapist. You don't to be just as psychology therapist you know, you can play around and integrate it and I think that's helpful for people to know because I think people also get stuck on this idea that I have to pick an orientation. And then I have to be like an expert in that orientation. And I'm like, a wildly eclectic therapist. Probably because I don't like reading books about Therapy. So,

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: Um, but I think like, that's always good to know. Also honestly, I think what helped me profoundly is going to a therapist myself. I was one of those. stubborn therapists who like couldn't get past their ego, to go to therapy themselves even though I was doing therapy and I will say going to therapy myself, helped me immensely in terms of experiencing The kind of style that I like to receive as a therapist, like I can totally self-disclose in the fact that when I was brand new.

Popcorn Psychology: To therapy. I always felt like I had to have an answer for my client especially...

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: because I worked in partial hospital programs and stuff with kids. So you'd have parents understandably. So being like we are in crisis, we've been in crisis, I need you as an expert to tell me how to fix this right now. And so as a green therapist, it was just right for like insecurity because people would sell you straight to your face. Like Why don't you have an answer and also, How old are you? I would get that all the time and

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Popcorn Psychology: So I always came from this very like I have to bring so much energy into the room as a therapist, Then I started going to therapy and my therapist was so pulled back and like, laid back and almost like Rogerian and her approach and the fact that that was so helpful for me. I was like, girl, why are you working so hard in therapy with clients? Like you just create space and be more natural and be more of yourself. And I think once you are more of yourself in an appropriate way as a therapist, I think that also helps you figure out like, what orientation best matches you are you more of like a firm problem solver than maybe cbts more your model?

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: Are you more like someone who likes to talk about philosophy and things like that? That existentialism, maybe is for you. And so I think once you kind of get more comfortable

Popcorn Psychology: Getting to Know Yourself Is a Therapist. I think that also can lead to what style of therapy best fits you because ideally it'll feel natural and...

Dr. Tara Sanderson: Hmm.

Popcorn Psychology: so your personality plays into in my opinion into where you go with that.

Dr. Tara Sanderson: Absolutely. I usually tell my new clinicians that what we are looking for is that space where you like really can connect all the dots of how change happens in your own self,...

Popcorn Psychology: Yeah.

Dr. Tara Sanderson: because that gives you the like eyes in which you see how change happens and everybody else, even if you end up using different tools, because that helps that client better or...

Popcorn Psychology: and,

Dr. Tara Sanderson: whatever, how you understand that is really going to help you kind of identify that theoretical orientation. And you can only do that if you really know you and how you process change and how you make some of those things happen. And then from there, you get to grow my experience. Most of the time is that when they when they walk out of there be and look at me and they were like, that was a good session. I'm like document everything you did in that space. How you felt how many times you talked, what? Kinds of things you said because there's something in there that resonated with you as a person. Instead of being like, Like, Oh, this is from the book or the worksheet that I felt like I had to do or whatever it was.

Dr. Tara Sanderson: And that makes it makes all the difference in the world when you know that space and I agree with you that going there on therapy is, is really the way to spend time doing that. And, and for me, I think one of my biggest wins in going to therapy was trying out, lots of different kinds of therapists. I've been to Rogerian therapists to Jungian therapists to all sorts of different things in between, because I really wanted to be in that space and and sit with, like, what is happening here. What happens when somebody is doing dream analysis? What happens when somebody's doing hypnosis, what happens in these spaces partially because I'm just a curious person, but also because I wanted to feel like what, what resonates with me where do I make my best changes? Where do I make my my my words kind of work well with what's going on in my little soul. I know that some of my therapists who are super kind of not in smiley or very quiet. Those were the

Dr. Tara Sanderson: Ones where I walked out going. What am I here for? So that would probably not for me. Right. And some felt really woo, woo, where I couldn't I couldn't buy in to what we were doing in that space and then sometimes I had just the best epiphanies with with different with different populations that I wasn't sure. I would. So a part of it being open to that process. And then you get a sense for two, what your clients go through when they sit with you for that first hour of like, Yeah, I'm just, I'm really getting to know this person.

Popcorn Psychology: Mm-hmm. Yeah. And so I really think it is just trial and error which when you're already green is like so horrific to think about of like just try this and see what happens because I think What also, if you're working in like an outpatient capacity. What, I try to remind my supervisory would be like these clients are Stable enough. I don't know if you want to say like that where you can like try things out and if they're at the outpatient level of care, they'll be okay. Like the point of outpatient level of care is that

Popcorn Psychology: If you meet that level of care, I don't have, I shouldn't be worrying about you between one session and the next. And if I am and if like you need more help than that between sessions and you need a higher level of care. So I think what was hard for me as a supervisee is, I started out that intensive level of care where it felt hard to play around. But I think taking, if you're, if you're starting an outpatient, like take advantage of that in a positive way, where you do have the ability to try different methodologies and orientations and feel how that feels to you. If I mean, I'm giving kind of an abstract who answer myself but it is really the thing where in my opinion at least you don't know how it feels like you said until you kind of drop into it in a session.

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Popcorn Psychology: And then it's just happening like people I think people call like flow state which I don't know if I love that terminology but that sort of dipping in and feeling like yourself and feeling like you really felt into the conversation with a client in a way that felt collaborative but also moving forward and...

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: You don't have to like I said be stuck in one. I think people get really like I have to be this kind of therapist but I'm pulling in like CBT existentialism, second dynamics stuff, sometimes all in one session with the client. And that also comes from time too which requires patience you know integrating all that skill takes time.

Dr. Tara Sanderson: Yes. Absolutely. I love the idea of helping people recognize like this is how my orientation, this is how I see the world. And I've got these tool baskets where I use all sorts of things from everywhere to really help my client where they're at in a way that like makes the most sense for them. But feeling really solid in in how you understand, how therapy works and change and all of those pieces. Really feels like like a good foundation. And then we grow as we learn new new and different things. I've been super involved in act over the last couple of years as I got introduced to it from different folks...

Popcorn Psychology: Well.

Dr. Tara Sanderson: because it wasn't a thing when I was in grad school. Like that was, it just wasn't a modality yet. And then once I've once I got

Popcorn Psychology: Mmm.

Popcorn Psychology: Oh yeah. I tell my supervises, that I'm also sort of like a pack rat in that, I will steal, I say steal, but I'm kind of joking, but I will steal things nuggets. I hear sometimes even on like Tiktok or...

Dr. Tara Sanderson: True.

Popcorn Psychology: like I listen to Esther Perel's podcasts and she's like, the godmother of, you know, a couple's work and she'll ask a question and I'm like, Is this what? It feels like when you pay casual basketball and you watch Michael, Jordan play because she'll ask a question and I'm like How did you even come up with that and think in this moment and then I'll steal those. And so I also encourage

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: Supervise these to sort of keep their ears open and there's if something connects with you if I get hits you, when you hear it, you know, that is also meaningful to you and you can introduce

that into the work you do as well. So it's always keeping like your ears and eyes open to the world around you not just like academic work, but like you were saying podcasts movies. Like, like I said,...

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: social media, sometimes, and integrating all of that into the work you do. I think can be very powerful because it's like going back to this idea of like it's connecting to you as an individual and...

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: what resonates for you and if it resonates for you and then you connect with the client, there's a good chance. It'll resonate reciprocally

Dr. Tara Sanderson: Yeah, absolutely. Absolutely. What do you think about this idea of Supervisors helping to help New supervisees. Navigate self-care or balance world?

Popcorn Psychology: I mean, I'm definitely for it. I'm very pro pro pro work life, balance anti-grind like I am. I joke a lot that I'm not ambitious. And that's, I don't want to climb to the top of any ladder. I don't need, I mean, this is kind of ironic because I have the podcast but other than that, like, I don't need like people to know what I name when I die that kind of stuff. So I'm from a I feel like I'm from a radically pro leisure energy when I talk to my supervises, sometimes I think mildly to their chagrin because we might be different in terms of our ambition levels. So, I'm very pro.

Popcorn Psychology: Making sure you're taking care of yourself because I think in our field as I'm sure, you know, there can be so many people who get drawn to this field because they love helping others sometimes to their own detriment. And so sometimes it involves a lot of conversations around not just like literal boundaries with clients like These are office hours and these is when you'll take calls and answer emails but also like emotional boundaries of kind of what I said earlier. Like If you're seeing someone an outpatient then you have to trust that they're gonna be okay between sessions and if they're not and that feels like a genuine worry then you need to be having a different conversation with your client. I think that they're going to just be so much.

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Popcorn Psychology: Where you are thinking and thinking of thinking clients and feeling beholden to them in a way emotionally in a way. That's so draining as a clinician and ironically will make you a worse clinician in my experience and opinion. So I think if you're not talking about burnout and some capacity and boundaries with your supervises, I think you're not doing, you're doing a disservice to them because especially like I said, when you're green and you're figuring that up that stuff out, still you don't know where you can be harder in terms of a boundary here or where you could be more lenient and part of that is individual. And so part of that is figuring out like what feels okay? As a individual clinician

Popcorn Psychology: And then part of it is giving your supervisor's permission to not give so much of themselves if it's not feeling good to do that or if it's impacting their work and also to I mean this is me being a bit more I guess on the radical end reminding them too that there are also just like therapies of business like any other business that they're also will be possibly organizations agencies bosses, that will take advantage of that caring spirit that a lot of people come into this work doing. And so in my, in my opinion,

Popcorn Psychology: Encouraging them how those boundaries isn't necessarily just making a good clinician which I think it will but also just to help them as a new person in a field have boundaries period. So that's the part where it's me looking out for them as an individual as well as the clinician and that is also something. I'm personally very passionate about, I'm a boundaries person up and down.

Dr. Tara Sanderson: Yeah, yeah, absolutely. I think that there is something really important from, from what I have read from the ethics code for ACA and LCSW. And for psychology about like there is there is a component of all of our ethics codes that says, like and you are a human, you are. And you need to take care of that too. In fact, in the, I think it's the American Counseling Association one. There is a statement that I've seriously thought about getting on tattoos like, little fake tattoos for people, but basically says it's your ethical responsibility to take care of yourself and I've thought about like How can I get that on tattoos to like stick on people and be like stop doing all the things slow down.

Popcorn Psychology: Yeah. Buttons.

Dr. Tara Sanderson: Which anybody? Who knows me listening to this will say Oh my gosh, Sarah, you need that tattoo because I definitely go too hard, too fast a lot. And I recognize that like, like you said, everybody's so different and the Hustle culture that I do isn't about lack of boundaries or isn't about like wanting my name big out there or whatever. It's really like. This is what I'm super passionate about. And if I had a hobby that I wanted to spend time on, I would go do it, but I really like these things and I'm doing them right now.

Dr. Tara Sanderson: For a season during 2020. I took back up cross stitching which was super fun and...

Popcorn Psychology: I cross stitch.

Dr. Tara Sanderson: I was, oh yes I love it. I love it so much fun but I started getting some like weird tendonitis in my hand so like I had to stop that for a little bit.

Popcorn Psychology: Oh no.

Dr. Tara Sanderson: I'm hoping to get back to it at some point but like when I have other things that I do I do them. So when when I when I worry a little bit about people knowing that I'm very much a workaholic and in the camp that I'm in or in that hustle culture that I'm in I always try and recognize with them like yes. But like there's this is a big part of the season that I'm in.

Popcorn Psychology: It.

Dr. Tara Sanderson: I do have seasons where I'm in a different space where I'm much more in a relaxed space or I do do different things and everybody there's no right answer to how how you do this you kind of just have to find what fits for you and I use that as an example too. I'm like how many appointments a day you do as a clinician? There's no good. Number for anyone, for some people or is enough and...

Popcorn Psychology: Yes.

Dr. Tara Sanderson: they are capped out. And for some people they can do like seven, eight, nine, and not have a problem. And maybe that's for a season. Maybe it's a season for four. It's a season for nine and you adjust over time, but you have to be the one, who knows what headspace you're in and how your body

is responding and and what's coming up for you and what you can contain in. However, you decide to like make your day happen.

Popcorn Psychology: Mm-hmm. Yeah. And I don't think something else that people don't talk about enough with that kind of balance. Your, your, you know, bringing up is also clientele as well. Like, are you seeing five hard clients in a day? And all your easy clients in a day, is there a way that you can restructure that so that it's more balanced or that you're seeing a hard client at a certain time or before, or after a break? And, and so it's being very mindful of your schedule. How your schedule makes you feel? When you look at your schedule, do you want to like cry? Do you want to lay your head down? Do you want to throw up like or do you feel?

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Popcorn Psychology: Good looking at your schedule and I think you're right in that. How many clients you see in the day is so wildly different for a lot of people. I saw seven clients in a day yesterday and I was like This is too much like I try to keep it to six and below if I can and so yeah I think that's really important to figure out, like, what works for you and hopefully you have a space and you work in a agency or whatever that allows you that flexibility that's not always possible. Which is...

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: why I think burnout can occur. But yeah, I think I always try to emphasize like you were saying ethically Working so hard, working yourself to burn out to despair is ethically, inappropriate and harmful? And so it is kind of using that a reverence of like you are marching towards away from the value that you are trying to work towards.

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: And so you have to be mindful that

Popcorn Psychology: That you are actually doing this from ethical place and not because this kind of source until like, are you a therapist or you supervisor territory? Like Are you doing this work? Because it's making you feel a type of way and that's not. Okay. And that's you need to check that for yourself. That you're not bringing your own stuff into the space and...

Dr. Tara Sanderson: Huh. Yeah.

Popcorn Psychology: making it whether you probably and you never mean to. But making it, you're like your clients Responsibility in some capacity.

Dr. Tara Sanderson: Yeah I think the the trigger for me on that piece of like seeing it in my clinicians and tell me if you see something else is is when they when they start having this feeling about like, well they're not getting better fast enough. Like that.

Popcorn Psychology: Mmm.

Dr. Tara Sanderson: Like I feel like that's one of those little indicators of we're working in a space where this is about you and whether or not you're doing good as a therapist rather than it being truly about the client and their journey in in what they're doing and an administratively I check in on things of like, Well, do you guys know what your treatment plan is and...

Popcorn Psychology: Sure.

Dr. Tara Sanderson: like, did you set appropriate goal like all of those pieces? But most often, I see it being more about that internal place of, there's something that's supposed to be happening here, and I'm not doing it right, or You know, we're not getting there in the way that I thought we were going to which leads them kind of closer and closer down that despair space of either, I need more training or more something to like fix this feeling. When really, you know, we have to kind of in my opinion, flip the lens back to like well what's going on with the client? Like dude, they just need to take this slower and Who said they had to be you know some place by six weeks That was a goal but we don't have to hit it. Like we have to be on our way towards them getting the success that they want out of therapy and kind of talking through that piece.

Popcorn Psychology: Yeah I think you're right on in that. I think something that is not taught enough before you go into the field and I will include this with myself or maybe I miss this day in class is how do you set up therapy for your clients in a way that is realistic and fair? And I think that there's just still a lack of understanding that therapy can go on for years and years and years and Like you might not see progress and you probably shouldn't see progress for perhaps like the first like six months. Even when you start therapy for the first time, you definitely can happen faster than that. But I'm trying to play it safe and

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: So I think you're right in that sometimes as a supervisor, you have to ask, like, how to they, what was your clients energy coming into therapy? Did they have expectations? Did you want to meet their expectations out of your own like green-ness? And not want to displease them and so did you agree to something that can't be accomplished? How do we then approach that retroactively? and then, I think it's just that constant idea, which I had at that time, too. Of

Popcorn Psychology: I'm missing something that would speed this process up. And so what I also try to remind like my supervises is, You know, I've been doing this work now for like 10 years and there's some clients where I'm like, What are we doing here? Like we've been talking and talking and talking and talking for months now and nothing's happening and they're getting frustrated, maybe I'm getting frustrated and that that is a feeling you're gonna come across. No matter how much you do this work and hopefully what gets what you improve upon is recognizing that feeling as soon as you feel it and then having the confidence to

Popcorn Psychology: Sit in the discomfort of having that conversation potentially with clients of, You know, I feel like we're stuck or Do you feel like we're stuck or Do you feel like therapies working? You know, I've definitely told supervisees if they're feeling like, What am I doing in therapy with this client? I feel like they're not getting anything out of it. You can straight up, ask them like. So we've been seeing each other for blank amount of time now. Is this are you finding therapy. Helpful is the style. We've been going so far working for you and I think it can feel so intimidating or like even like nauseating to open that door up because you're opening the door to critique, by your client, especially when you're newer and then more vulnerable. And I try to encourage my clinicians with saying, like, You know, I've had the most interesting conversations.

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Popcorn Psychology: With clients where they'll be like Oh yeah I've really found it helpful because I have just needed a place to like just vent once a week and that means everything to me. And I've had clients

where it's led to really good conversation about You know are we well as are they as the client taking the skills and actually using them at home? Like what's getting in the way like having a really good talk about resistance and barriers so you have to be Comfortable being vulnerable in that way as a clinician and allowing those doors to open and feeling, okay? With like, you might hear something harsh from your client but that also can lead to growth, it's always keeping in mind. What's the goal in having this conversation? And if we're client centered, we have to take our ego out of it and that way, too. Because I have this conversations clients where we decided like, I'm not a good fit.

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: And not because I'm a bad therapist or they're about client or whatever. But just like we've been trying and trying and trying now and we can't get on the same page because we're just not for each other and...

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: that's also, okay.

Dr. Tara Sanderson: Era. It's about...

Popcorn Psychology: Yeah.

Dr. Tara Sanderson: how we're doing in therapy and whether or not this is working for them. I have a lot of times had supervises, who, you know, somebody came in saying, I want tools and my supervisors are like, Okay, let's get out all the workbooks and do all the things, and then six, eight weeks in the clients, like, How come this isn't working and the permissions like, I don't know. I've given you everything. I've got, what else do you want? What else do you need? And it's because the client didn't know what the client really wanted yet. Sometimes not all the time, obviously, but sometimes they didn't know what they really wanted yet. And what they really wanted was space to process or they really needed to take down some of their own layers to get to some of the good stuff. But they didn't have room to because it was filled with all of these tools, right? Which they said they want it. And so,...

Popcorn Psychology: Yeah, and...

Dr. Tara Sanderson: you know,...

Popcorn Psychology: a lot of clients will say that.

Dr. Tara Sanderson: He absolutely, I want to know how to fix this and make it better got it. And so I usually recommend that like, because we do our treatment planning, every every

Popcorn Psychology: Mmm.

Dr. Tara Sanderson: 12 weeks, I guess every three months or so. So somewhere between like six and 10? I always recommend that my, my clinicians take a moment and just say like Hey at the start of this session, I really want to take about 10 minutes just to kind of check where we are. I use the example because we live in hiking country of like of going on a hike with a client, you start out at the same place. They're like I want to go to the top of that mountain. You're like sweet. I have the map. Let's do the thing. You write up the treatment plan. You're on your way, but as you get going, you kind of need to check that you're on the trail every now. And again, you kind of want to make sure that that's still where they want to

head, because they could get to a place where they want to head to a whole different area. And if you don't ask the question, sometimes they won't let you know that. That's what they're doing and and chaos kind of happens. So taking some time about halfway through that treatment plan review to say, Hey, where we at, are we still going in the right direction? Can help us move some of those pieces. And then, of course, at the treatment plan,

Dr. Tara Sanderson: Review doing the same thing of like Is this still your goal? How did we do getting here So far? Where do we want to go next? Where we too ambitious? And we need to scale it back because we found all of this stuff somewhere that we need to deal with or what, what do we need to have be different and how we interact so that we can make sure we get you to where you go.

Popcorn Psychology: That's a great tip that I actually also encourage with my clinicians and I do myself, which is, if you're feeling stuck, not blame it on the treatment plan but pull that thing out to your advantage and if nothing else if you really, it feels intimidating to have like the outright conversation, just lay it on the treatment plan speed and be like. So, we're gonna review your treatment plan. How do you think you've been doing with your goals? And that can help you have that conversation without having to go right into like this feels like it's not working, tell me why.

00:40:00

Dr. Tara Sanderson: Yeah. Absolutely. Absolutely. I think about my, my physical therapist, at one point, I had some knee issues and my physical therapist. I came in probably like eight or ten weeks after we've been working together and he said, So, you know, we're gonna, we're gonna relook at kind of your extension and see what's going on with your knee. And as he did it, he goes well Terry. You're not as far as we, as you were, like, two and a half weeks ago, what happened? And I looked at him and I said, You know, exactly what happened don't she's like,...

Popcorn Psychology: If? I need you to say it.

Dr. Tara Sanderson: Yeah, you haven't been doing your exercises at home, you're doing the same thing, everybody else does, which is really good at the beginning and then you slack off somewhere and I just laughed. But I think about that sometimes with our work, too. Of like how much are people practicing at home? How much is or, you know, is something in the way of them being able to be successful at the work that they need to do outside of our session. And those are pieces that I think we we have to maybe keep reminding our supervise of of like well let's let's ask some questions. What? Have you been doing in session? What is the responsibility of the client outside of session to get themselves towards part of that goal and continue to model? Some of that work in even in our own supervision of them? A lot of times I'll look at them and say, Okay, this is your goal for this week.

Dr. Tara Sanderson: Whether it's learning about a new intervention or it's, you know, really being present in a session or challenging a client or whatever. And then, the next time we meet, I want to see that same thing of like, okay, tell me where you've been, How did you do on that piece? What got in your way? Because I want them to to have some of that idea of. Oh, here are some ways that I can structure, my my time with clients to get our best outcomes but also to help hold accountable and move some of those directions. And a lot of that comes from my own theoretical orientation but I think that it is valuable to keep coming back to that space of modeling. Like how do we do this with our supervisors so that they know how to do that with clients?

Popcorn Psychology: Mm-hmm. No for sure. And I think building on kind of what we're talking about as well is I'm also very pro vulnerability as a supervisor and so it's kind of similar to as a clinician and you learn about how do you do self-disclosure when you do self-disclosure, what's appropriate and self-disclosure is I'm also a big proponent of as a supervision also being mindful of self-disclosure and so I'll tell my supervises about stories about when I really, you know, mess something up. Or when I felt life left, the session was like Oh my God, I really you know, went down a road that I shouldn't have or that I regret or that was me getting in my head in order to normalize that

Popcorn Psychology: You won't do everything perfectly because I think also it can feel intimidating about working with the supervisor because when I had supervision when I was very green, like at my first job, my supervisor was the VP and the director of like the partial hospital, I worked at and she even doing the work for like 40 years. So everything I brought up she had like the most perfect astute response and I remember just thinking like Oh my God how does she know everything and I don't know anything and how does she know like the perfect way to like address this and address that? And so what she did really well, which then I took to heart and then I try to do also with my supervises, she would like, but normalize yourself and be like, but I tried this approach one time and it was it went awful or, you know, I used to do this and I realize I had to get on my own way and so I think reminding your clinicians of mistakes that you have made helps them learn. And then also,...

Dr. Tara Sanderson: Yeah.

Popcorn Psychology: like I said, I think it takes some of the facade off of the ego part of it that there is like

Popcorn Psychology: There are good therapists, and there's me. and I just don't have it like a good therapist does...

Dr. Tara Sanderson: Right.

Popcorn Psychology: because I would sit in like Co-therapy sessions with like other therapists who were doing it longer than me. And I'd be like, How are they asking that question. Like How do they just know how to do this? And I don't know how to do anything. Oh my God. And...

Dr. Tara Sanderson: Now.

Popcorn Psychology: and that can so seep into your bones as a newer, clinician. And so having that dispelled by a supervisor, and then I try to do that myself. I think really helps us because that does lead to sort of burnout as well. And And the anxiety of trying to figure out how to be good at your job. When it really just takes time.

Dr. Tara Sanderson: Yeah.

Dr. Tara Sanderson: Yeah, it's that. Yeah chasing the unattainable means that you'll you will get burnt out because you can't get there. And you have this idea that there's an end gate,...

Popcorn Psychology: Yeah.

Dr. Tara Sanderson: you know, like a finish line or something and there's just not and I I know plenty of amazing supervisors who've made terrible decisions. I know, plenty of brand new therapists who have

have come up with like just the right thing at just the right time and as I'm watching the video of it, I'm like I would have never thought that that's that.

Popcorn Psychology: Mm-hmm.

00:45:00

Dr. Tara Sanderson: How did they think about? Like, what is going on here? So it's, it is, it's all about perspective and time, and patience and learning as you go and trusting yourself, because you do know a lot of stuff. I mean by the time we get done with grad school even though we don't know everything because that's understandable, you know, we do know a lot and you have had a lot of practice so far and and you are just gonna keep grabbing more and more of that insight as you get. Going. So, I love it. Thank you so much for this. So, so invigorating to like just chat about supervision and...

Popcorn Psychology: Oh sure.

Dr. Tara Sanderson: about how to help our young. That's supervisory folks, maybe young in the field and young at heart, or young and age, who knows? Before we close, tell us a little bit about some things you'd like to plug or information where people can find you.

Popcorn Psychology: Yeah, as you mentioned at the top, I'm the co-host of the popcorn psychology podcast. So it's a podcast where myself and two other licensed clinicians. We pick a movie, sometimes the TV show, but rarely likes. It's a lot of info but we usually pick a movie every episode and we

Popcorn Psychology: Talk about the psychology represented in the movie and we also talk about like, If you know Darth Vader, If Peter Pan, like our episode, If this person came into her office as a clinician, How would we approach them? What like is there Like we've talked about orientation, we would use with them. What we think, we, most helpful, as a way to teach about mental health, and decrease the stigma without talking about real people. Because, you know, I hate to burst everybody's bubble when they watch like psychology, Just quote, unquote on YouTube, talk about real people like their Kardashians. That's not ethical. So, the reason why we talk about fictional people is so that we can do like basically case conceptualization and mental health information and diagnosis discussions about people who don't actually exist. So if you are interested in things like that, like movies learning more about psychology, all those kind of stuff. Yeah, head over popcorn psychology, you can find us wherever you listen to podcasts Spotify, Apple podcast, I heart radio We all. So,

Popcorn Psychology: Are on Instagram and Facebook at popcorn psychology tiktok as well which I'm figuring out a popcorn psychology and then Twitter at Popcorn underscore psychology any of those platforms if you want to reach out or just kind of pick our brains about what we're doing.

Dr. Tara Sanderson: Nice. I love it. I love it. I have recommended it to quite a few people. So I am I enjoy.

Popcorn Psychology: Uh-huh, thank you.

Dr. Tara Sanderson: Every time I get to chance to listen. Well, thank you again for joining us today.

Popcorn Psychology: Thank you.

Dr. Tara Sanderson: And for all those listening, if you want to know more, you can find all the information on how to reach out to popcorn psychology on our show notes and we will see you guys next time. Take care.

Popcorn Psychology: Great.