

Dr. Tara Sanderson:

Hi, everybody, and welcome back. I am here with Casey Compton, and I am so excited to, be with you again. You were on my show in the last in the previous season, and we talked a lot about knowing about when interns were going to be coming on board and how to think about our business and do those pieces. And this time, I am super excited because you are launching a new book, and there's so much good stuff in this new book that helps not just humans, but humans in total, but can really help us as supervisors, to be thoughtful of our own journey as we are teaching these new professionals in this world as well as what we can be walking through with our supervisees about. So, welcome. Welcome. Thank you so much for being here. And I have got a random question for you.

Dr. Tara Sanderson:

The question is, what one indulgence would you enjoy if there were no consequences?

Kasey Compton:

This is so generic. I really need a better answer. My gosh. Okay. So one specific indulgence, I am a sucker for some really good chocolate. I I I eat chocolate first thing when I wake up in the morning about 9:30, 10 o'clock every night. I want chocolate again. So it would probably have to be like, a worldwide chocolate tour where I could just eat and eat and eat and eat.

Kasey Compton:

Never get sick and and never die of diabetes.

Dr. Tara Sanderson:

I I love that. I love that for you a 100%. I just got introduced. I'll do a shameless plug for a local company. I was just got introduced to Chomp Chocolate. It's a vegan chocolate company, down in Salem, Oregon, And they make the best peanut butter cups. Like, I'm a sucker for a peanut butter cup. You.

Dr. Tara Sanderson:

Yeah. Right? And they they rival all of the other brands. And and because they're vegan, there's a part of you that thinks, like, gosh. This must be good for me. It's totally not good for you. But but by god, could I eat those day in and day out? They are so delicious. Chomp chocolate. Anybody who wants one, they they sell them online.

Dr. Tara Sanderson:

They you can get them sent to you. It's great.

Kasey Compton:

Okay. That's what I'm doing as soon as we There you go.

Dr. Tara Sanderson:

Yeah. You could you could start your tour in Salem, Oregon, and just keep going. Okay.

Kasey Compton:

Thank you.

Dr. Tara Sanderson:

Well, let's get going. The first kind of area that, I thought we could start talking about is is just the overarching theme of self love and empowerment. As we were talking about doing the show, we were talking about the element of discovering the path to loving and valuing yourself, embracing our authenticity, and living a life with your words unwavering confidence. I think that's something that all of us want. And when I think about us from the supervisory perspective, that's what we want our supervisors to or or not our supervisors, our, supervisees, our providers to have. So I'm gonna open the gate and let's just let's just talk.

Kasey Compton:

Okay. There is one thing that you don't know that I've not that, I mean, we haven't spoken, so I haven't had to tell you

this. But, since the last time I was on your show, I've had a lot of changes in my business. And one of the changes, we had a team leader who was not a supervise not a clinical supervisor, but she served in similar capacities. But she was a team leader over, a new team that we brought on here recently as we expanded. And, she went on to do other things, leadership stuff in the community, and so she no longer, worked with the company. And I didn't have anyone that I felt like was ready to replace her, leadership and skills and, you know, all that wise. And so I said, well, I'm just gonna take it over.

Kasey Compton:

I'm gonna take over this team leader role, which I have not done since 2017. I haven't been in any kind. Like, I've just not been in, I don't know, any I haven't been that involved, since 2017. So this was a big change for me. And just so happened, the all of the people I inherited on my team were all baby therapists under supervision. Not my clinical supervision, but other other people's clinical supervision.

Dr. Tara Sanderson:

Yeah.

Kasey Compton:

And so I have been serving as their team leader for almost a year now. And, it has been so nice and rewarding because I feel like even though I'm not their clinical supervisor, I meet with him every week in a group, and we do a lot of, logistical type of things with our team meetings. But I've also been on this kick of, really helping them learn who they are as as therapists.

Dr. Tara Sanderson:

Yes.

Kasey Compton:

Because I realized that that, well, all of them, they don't know. And and maybe they're not even supposed to know yet. You know? And so it's been this really fun journey to watch them learn and disagree with things that I'm saying and, like, really challenge. And some of them who came into our practice calling themselves a person centered therapist are now identifying as something totally different, something that feels more, authentic to who they really are. And so Mhmm. I know that's different than than what's in the book, but it's not in a lot of ways. And it's just been so cool to watch that transformation happen that, I've had opportunities to give up that role, and I'm I'm just not doing it because it's it's it's nice.

Dr. Tara Sanderson:

Yeah. Yeah. I love that. I think that I think that's such an amazing component of our supervision strategy, whether we're doing clinical supervision or oversight or team leader, of of really trying to make sure that we are we are understanding who they are and who they show up in the room to be. I love talking to people about their theoretical orientation and really trying to help them identify when you use this term in this video with this client or when you explained it this way or did this piece. This is how that translates into what it says in a theoretical orientation. And if you did that in ACT, it could look like this, or in CBT, it could look like this. What feels right for you? Uh-huh.

Dr. Tara Sanderson:

And really wrestling with that piece because you're right. They do come in saying, oh, I'm eclectic or I'm person centered or I'm, you know, I I just do what's right in the moment kind of thing. And I'm like, woah. Let's dig down.

Kasey Compton:

Yeah. I mean, I really, I really challenged them because I had they they they all said all of those things. And, over the course of the last several months, in particular, I've really, really challenged and came across this great article. You probably are familiar with it, but just the way of, being understanding and intervening and how it's so good. And how you can, mix theoretical orientations and you can be with a client in one capacity. You can understand them in maybe, like, a CBT, model, but then you can intervene in an Adlerian approach. You know? Like, there's these different ways. And so as we've been talking more and more about that, it led me actually to an idea.

Kasey Compton:

We're hosting a, a who am I retreat in the spring for our just it's not open to the public. It's just for our therapist. Yeah. I'm having some of my more seasoned, more established clinicians lead that. And, our newer therapists are coming in, and we're gonna do a lot of activities and exploration about who they are and what what feels, most in alignment with with who they are in the room. So it's been really cool.

Dr. Tara Sanderson:

Yeah. I love that. And I think I think that exploration speaks volumes to the type of of service that they are getting at your practice of really understanding that component. I know every practice that I've talked to has some little things that make them unique. Right? And whether they're teaching the business aspects or really honing in on a type of population or all sorts of different pieces. And I love this avenue that you're taking your people down of and who are you? Because you are you are what does this work. And you've gotta you've gotta build that that element of understanding in oneself.

Kasey Compton:

Yeah. Yeah. Yeah. It's it's been really cool and unexpected and, but all all really good things. And I think just being in the headspace of writing and finishing and launching the new book put me in the perfect place to kinda meet them right where they were at that moment. And then it it was just a good springboard into what we're doing now.

Dr. Tara Sanderson:

Yeah. I love that. I love that. And I feel like it does fit in in that idea of when you understand yourself better, you are able to love yourself in a way that that it feels so, the only word I can come up with is contented. Right? Like, you're not longing for all of these other things to fill the gaps. You are feeling very contented. And and I feel like as student supervisees, as baby new clinicians that have just graduated, they are feeling so out of sorts with, am I really qualified to do this? How do I do all of these pieces? How do people know all the things they're supposed to do in each session? So to to pull apart that component of you are enough kind of as you are and love that element, and these are just skills you're honing, can make a huge difference in a supervisee's life.

Kasey Compton:

Mhmm. Yeah. Yeah. I hope so. I think so too.

Dr. Tara Sanderson:

Yeah. I think that's amazing. In, in some other components of your book, you talk about unlocking potential and how to unleash your true potential and overcome self doubt, which feels really relevant to all of this that we're talking about now. Are there any, tips or things you can give to us from from that component?

Kasey Compton:

Yeah. Well, I mean, it it kind of all goes back to what you just said with understanding yourself and unlocking your potential. So in the book, I take people down. I kinda take them on my path. So, the majority of the book was actually written in real time as, journal entries, and I was actually in therapy at the time. And so I was taking like, I was writing a lot about the after every session, I would would write, and then, you know, after I had a little bit of space and time to reflect, I would write. And so one of the things that was really helpful for me was creating a timeline of events, both big and small, in my life and looking at patterns. And I noticed things about myself, and some were good and and some were not so good, good, like noticing how I would self sabotage in certain situations or every time that I hit a low.

Kasey Compton:

You know, there was a a pretty, predictable pattern of behavior that that I would kinda catch myself in. And so unlocking the potential is really just about understanding yourself and and also, you know, finding that balance. And for me, I think it it brought me, it brought me to this place of more balance in my life, which actually allowed me to tap back into different types of potential that I had when I was a child. So there's a lot of, like, outwork that that the reader sees in the book. And, in particular, some of the things that I was most passionate about, I was very creative and always, like, looking to paint and draw and build and, you know, always something. And once I got into more of my professional career, a lot of that I let go. I didn't have time for it anymore or if it if it wasn't, like, producing an outcome in some way. And and it really kinda got me out of balance.

Kasey Compton:

And so getting back into the things that brought me joy helped unlock even more potential. I mean, now I just started a new business based on it's it's just all purely in the creative arts realm, because I feel like I needed that

Dr. Tara Sanderson:

to to

Kasey Compton:

really have that balance in in my life. So it it's mostly unlocking potential and and self awareness and insight.

Dr. Tara Sanderson:

And I feel like that dovetails perfectly into talking into thinking about supervisees. One of the things that I struggle with sometimes with my supervisees is they are on this very regimented path. I have to get this many hours in this amount of time, and they are willing to do anything it takes to get them except the wrong clients, work too late, start too early, give up their lunch breaks, like, they are just they're grinding. Right? And I feel like you resonate with that. Like, there have been times in our lives where we were just like, there has to be an outcome. There has to be you know, it's gotta produce money or get me closer to a goal or whatever, and we just grind. And and I think that that's an important component to name for people of, like, okay. Yes.

Dr. Tara Sanderson:

You do need to get licensed. That is a thing. Right? Yes. You need to graduate. That is a thing. And you would like it to be on this timeline, but that doesn't mean you give up your lunch breaks so that you can get to that because you're gonna still probably get to that timeline with room to spare. It just feels desperate care care of us. So as you were talking about doing that younger work, I really thought about, like, yeah, when our supervisees and our students are in that zone, they're giving up a lot to be there.

Dr. Tara Sanderson:

And in this stage of really unlocking their potential and saying, like, wait. Wait. Wait. There's other parts of me are really important too. How do I make room for this? How do I make sure I get my hours and don't burn down the whole village to get there? Right? Like, I I it's it it doesn't have to be 1 or the other. It can be an and in the process.

Kasey Compton:

Well and a lot of that, I think, comes from having just this open dialogue with supervisees and just allowing them to it's about communication. We had, one here recently, and she was in her internship just just finished, actually. But she there's a lot of parts of her that reminded me of myself because, I mean, she she worked really hard. Like, she she was a hard worker. She would see any kind of client, had to get her hours. Little bit of a procrastinator, but, she would if I was here, she would pop by my office. And she was always fixated on, like she wasn't even finished with supervision. And she's like, yeah.

Kasey Compton:

I think I'm gonna go on and get my doctorate. I think I'm gonna, can you get can you give me some information about play therapy certification? I'm like, listen, you need to you need you need to just stop and and focus on what you're doing right now. You're because you're missing so many experiences right now because you're so focused on what you're gonna do next and what's next and what's next. Because I think for a lot of, supervisees, like, the next is what keeps them moving. And and that's great, but it also is a distraction from the things that you need to learn and be aware of and see in the moment.

Dr. Tara Sanderson:

Absolutely. I talk about it a lot of times, like, we're we're building a house. And so as you're going through grad school and you're learning stuff, we're laying that concrete foundation. You're squaring off things. You have to let it dry and set. You cannot keep building while it is still wet. And then as you're putting up all of the other pieces, you have to measure twice and cut once and you have to level and you have to do all these pieces. If you start rushing this process Mhmm.

Dr. Tara Sanderson:

Your house is not gonna be pretty by the end. It's gonna have lots of leaks. It's gonna have soft spots. It's gonna be a mess. Yeah. So you have to go slow and be meticulous in that process. Be really thoughtful and intentional about each of the things that you're adding to the piece because the goal is not to keep building forever. The goal is to live in that house.

Dr. Tara Sanderson:

Yeah. I feel good. You can always repaint walls, like add in play therapy certification. You can always redo the the decor inside. You can even remodel at times and decide I wanna do wanna add in some coaching or I wanna add in some other pieces or I wanna add add a whole new business and do an addition in the backyard. You could do all sorts later. But right now, if you try and do anything while that concrete is still wet, the whole house is gonna be a little hard to live in.

Kasey Compton:

Uh-huh. I love that. I love that analogy. And it also makes me think of, you know, they they don't see this. A lot of supervises, they don't see it because I know I didn't. But you're you're not just teaching clinical skills. You know? You're not just teaching these these really important things. You're teaching behavioral patterns.

Kasey Compton:

Like, you're teaching a lifestyle in a lot of ways. You're teaching balance. You're teaching communication. Like, you're teaching them if they have if they fill out a balance to talk to their whoever their employer about it. You know? And and I have a couple of, supervisors here in my practice, and and we talk about that a lot, how, you know, in the in the in the beginning phases, we're really focusing on acclimation and just getting them, into good positive habits that that will sustain them long term in this in this field. Mhmm. Because that kind of grind that you're talking about, that that's not sustainable. It's just it's not healthy.

Kasey Compton:

It's not sustainable. It's not pretty. I mean, there's just it's not anything that you want.

Dr. Tara Sanderson:

Yeah. Yeah. And I think about that, yeah, at the very beginning. Simple things like, how do we make sure that we're taking notes quickly and efficiently so that it's not weighing on us for days days when we procrastinate. Right? And we don't get into that behavioral pattern of, oh, I just do them on Saturdays Yeah. And then give up a full day of my weekends to do the to do this other work. Right? Like, that behavioral pattern is huge. I do a lot of, feedback with my with my team, and one of the pieces of our feedback is that they give me feedback of of what they like and don't like about how things are going with me.

Dr. Tara Sanderson:

And over the last 4 months as I've been launching new things and trying to get stuff ready for the for 2024, one of my feedback was, Tara, I've noticed that you've given up your lunches because my schedule is pretty open where people can see it and request time on it or whatever. Tara knows that you've given up your lunches several times in the last couple of weeks. And that that doesn't feel good to me when you tell me I need to take my lunches, but you don't. You don't. Yeah. Thank you for calling me out because I needed that to remind myself that even though I can probably do this for a season, it is so easy to get into that behavioral pattern of I just don't take lunch breaks during the day. Right?

Kasey Compton:

Yeah. Yeah.

Dr. Tara Sanderson:

And they're watching. They're always watching. Right?

Kasey Compton:

Yeah. They are. Yeah. They are. As you were saying that I was like, man, I'm thankful that mine are, like, 2 and a half hours away and only on Zoom and don't see all of that. Yeah. Because, I mean, my schedule is definitely not one that I

want or would expect anyone to model theirs after. But but you're right.

Kasey Compton:

They are always watching. And and and whenever I'm working with my team of therapists I mean, I haven't done therapy since 2017, And and they know that, and I don't and I don't I'm not out here trying to be a clinical expert because there's I I will send them to trainings before I will send myself because I just I don't do that. I don't do therapy anymore. But I do try to teach them and guide them in other ways. And I think just the the the impact is is so great that a clinical supervisor has. I know everyone that's listening knows that, but I just really wanna point that out because I've noticed we've we've been in a big hiring push lately, and I had some experienced therapist hired on that joined my team last week. And I didn't teach anything in that meeting that they didn't already know, but I did have a couple of people message me afterward and just say, hey. I really enjoyed the content.

Kasey Compton:

I think that that's really important that we continue to have these conversations. I just wanted to let you know. So I thought, okay. That's good. Like, that made me feel a little bit better that that no matter how far along they are in their career that everyone needs to be reminded of of different different types of clinical supervision.

Dr. Tara Sanderson:

Yeah. And that element of what you said of of we need to remember that we're making an impact. Because sometimes it can feel like a a check off to do list item for us too of, like, yep. I did supervision with 7 of my people this week. Done. Done. Done. Done.

Dr. Tara Sanderson:

Move on because it's one more thing on your agenda or one more thing in your week. And and when we reframe that a little bit to remember that each of those meetings is is powerful and impactful for them and that they're taking away something even if it's just our unconditional positive regard in that moment or that it's a you know, we answered a phone call when they when they called later or whatever it is or that we were honest. I think that's sometimes the people that I remember the most of when, when a clinician asks me, like, how are you doing? And I look at them and I say, you know what? I'm I'm exhausted. Mhmm. I I'm wiped out. It's taking a lot of mental energy to pull it together to be here for you right now, but I am. And I and I want you to know that. And, like, I'm, yeah, I'm I'm at the end.

Dr. Tara Sanderson:

Mhmm. That those are those times where I recognize them looking at me with humanity too, and that that is so powerful for them to take away of, like, oh, my supervisor isn't perfect. And that's good because then that means I cannot be perfect. Right? I'm not striving for something more than, than what is real. Right?

Kasey Compton:

Yeah. We

Dr. Tara Sanderson:

have a powerful impact that way.

Kasey Compton:

Yep. I love that.

Dr. Tara Sanderson:

Yeah. Well, is there anything that you wanna make sure that we hit on today about your book or about your journey so far that, that you haven't mentioned yet? Oh,

Kasey Compton:

I don't know. I guess I guess just I would like to say that no matter no matter who you are or where you're at in your career or what you're doing, if you're supervising 1 person, if you're supervising 10, if you're supervising, you know, the max in your in your area, I would say that most of your listeners are high functioning people, maybe even, like, borderline high, like, overachievers. It's just you know, they probably wouldn't be listening to the podcast if they

weren't, trying to grow and,

Dr. Tara Sanderson:

you

Kasey Compton:

know, do all the things. And I guess I just I think that it's worth as you're investing time in yourself and your growth and your development and your self care that you don't forget about always seeking to understand yourself in in different ways. Because even if, you know, the who I was in my early twenties is not who I am who's about to turn 40 in a month. You know? Like, I'm a different person. And so we I think we always have to continue to learn and and relove ourselves in different phases of life, which is partly why I wrote the book, and I think it will I actually wrote it also for therapists who need like, who maybe have a somewhat resistant client or a client that's had a bad therapy experience, this book would be something good for a therapist to be like, hey. You know, I I recommend you you read this because I try to destigmatize mental health and therapy as much as I possibly can. I write it, of course, as a mental health therapist, but I write it more from a client's perspective

Dr. Tara Sanderson:

Mhmm.

Kasey Compton:

Than a therapist's perspective. And so I just I really hope that it helps people.

Dr. Tara Sanderson:

Yeah. Yeah. Yeah. I love that. And I think that there's there's something really powerful what you said earlier too of of after each therapy session, you would kinda give yourself some room to just journal about what had happened in that, what you were thinking about bringing some of those pieces forward. And as much as I know that humans in the world pooh pooh journaling, and and, like, have that moment, there's something so powerful about taking that time to really resonate on the work that you are doing in those sessions and and pull apart some of the components that that you want to continue to work on or the things that you're that you're really needing to wrestle with. And, and and I think that there's there's an area where we can encourage our supervisees to do the same. After supervision, take a moment to, like, just jot down the stuff that came out of that session, whether it's stuff you wanna learn, areas that you need to grow in, what you need to take to your own therapy in that.

Dr. Tara Sanderson:

And then as supervisors doing that too, I mean, I write my note for supervision while I'm in supervision with the person, which, you know, sometimes takes it to a much so much more of a logical place. And and I'm even thinking of myself if I wonder if after I after I sign the note and submit it and call it good, if I took a minute just to say, like, who was I in that session? What do I what do I still need to grow in that? And use some of the the tools from your book to really kind of hone in on me as a supervisor, on me as a human in that space. I imagine one of the first things that came to my mind was I imagine that I would potentially see my supervisees as a little bit more human and not a task on my to do list. If I if I took that time to not have it be and the notes done and the person's out the door and the next thing, if I took a moment to really be like, and how were they? Like, were they okay? Do they need support in some way that I maybe didn't connect within that moment, or how can I make sure to touch on that next time we're together? That would be really powerful.

Kasey Compton:

I think that's a great idea. And and that actually happened for me as I was writing, and I and I didn't even realize it honestly until you just said that. But each I I have all of my raw journal entries in the book. And, after, like, when I would sign it at the, you know, like, dear diary kind of crap, After each journal entry, I would sign it with my state of being at that moment. And so, like, now to go back and look at the at the transformation of who I was in those journal entries and that I mean, the very first journal entry, I think, says, my therapist told me to journal how I feel. I feel like shit. And, you know, like, I mean, that's how I feel. And then and then just to see it from there to 2 years into it was a huge epiphany.

Kasey Compton:

And so I think you're right. Journaling says it helps get stuff out, but it it shows you more about who you are than people realize.

Dr. Tara Sanderson:

Yeah. Yeah. A 100%. I have several clients who, after they leave therapy, go down and sit in the parking lot and just sit in their car and journal before they leave, because they wanna get it kind of all in there. And that's, you know, a safe space to do that before they get home and get caught up in the busyness of life. Right? I've often fantasized about, like, having a room in our office that clients could finish therapy and, like, go into and still be sitting in our space and still have this kind of welcoming environment without it being, you know, you that you're waiting for an appointment, but you could just sit there, cry if you need to, journal if you need to, put your headphones on to kind of recenter before you leave. I just I feel like that would be so cool. I don't know that if my therapist had that in her office, I would use it.

Dr. Tara Sanderson:

But, like, sometimes I just wanna leave and go cry in my own car. But, but I do think that could be a a really cool experience. But I love I love the idea of just making sure we're taking the time to really let things sink in and pull things apart and and decide what we wanna do, with the information we've kinda gathered from those pieces. Very cool. Yeah. Alright. Well, tell us the name of your book and, and all of the details about it, and we'll make sure to get those in the show notes as well.

Kasey Compton:

Awesome. The book is called In Search of You, how to find joy when doing more isn't doing it anymore. So you can find it everywhere. It's, the release date is March 12th. We set a goal. I know it's real. We set a very lofty goal. We're gonna try to sell, 10,000 copies, like, from now to launch day.

Kasey Compton:

We, Amazon, like, literally everywhere. If if anyone that's listening wants to get their hands on our early copy, you can do 2 things. You can join our launch team. So we have, 3 different launch teams, one for therapist, and then a street team for anyone and a, a social team for anyone. You get an early copy of the book. There's some swag back behind me, hats, notebooks, journals, cups, all kinds of cool stuff. And you just do that by going on to the website and just filling out a form. Perfect.

Kasey Compton:

Yeah. That's that's about it.

Dr. Tara Sanderson:

I'm so excited. I will make sure to get this out and live to everybody. And I'm so glad that you shared your experiences with me on the show today. And I think that that's it. We'll wrap up, and thank you so much for being here.

Kasey Compton:

Thank you.