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FALL 2024 NEWSLETTER

BRIDGES, TRANSITIONS, AND
THE LIFECYCLE OF AN MFT

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TAMFT PRESIDENT'S MESSAGE

CARLOS PEREZ, PH.D., LPC, LMFT

To all TAMFT members:

I recently had the privilege of having a conversation with Lizee Love, our Student Association president. If you don't know her, she's doing great things; she's doing great research, and she recently started a PhD program at Virginia Tech, entering a new chapter in her life. Our conversation got me thinking about the overall lifecycle of an MFT and all the transitions one experiences on this journey.

When I started my graduate work, I was studying theology. I happened to take an elective in the MFT department at ACU with Dr. Waymon Hinson. At the time, my dad had just passed away, and studying therapy was a breath of fresh air. I was lucky enough to be able to transition into the MFT department. I remember Dr. Hinson helping me bridge my theology training into therapy studies. What a help that was. He encouraged me, guided me, and still, to this day, is a source of support.

I remember waiting for the call after having interviewed for a doctoral program. They said they would call within a week – it had been a week to the day, and I hadn't received the call. I was lying on my couch thinking about my backup plan: I would move in with Dora (my mom) and get a job in the Rio Grande Valley (where I'm from). I didn't want to, but I felt I was forced to make that sort of transition. It was at that very moment, when I accepted my then-fate, I received the call to be invited into a PhD program. What a relief.

Then came that transition. Going through a doctoral program wasn't easy. I was challenged, stretched, I grew, I maybe regressed, and I grew some more. But getting a PhD was a bridge to other things for my career as an MFT. From landing a university job to becoming president of an organization, my training has led me to different areas I didn't imagine.

In our conversation, Lizee asked me if I ever thought I would be president of TAMFT. If you had asked me that when I was in Dr. Hinson's first class, I never in a thousand years would have guessed I'd be here. But all the bridges I've crossed in my career have been irreplaceable. I think of all the brilliant people who have come before us in this organization, and it excites me to think of what's next in the lifecycle of our careers.

License portability is a giant leap in the right direction for our field. Not only does this allow us to offer easier access to care, but it also unites our profession as a whole. It brings us all together to better serve those who need it most. This effort furthers one of our deepest philosophies: the whole is greater than the sum of its parts.

Cheers,

Carlos Perez, Ph.D., LPC, LMFT
President, 2024 TAMFT Board of Directors



LETTER FROM THE EDITOR

LAYLA Z. SCOTT, PH.D., LMFT-S, CFLE

Hello TAMFT Members!

Welcome to the fall season, a time of year that brings many transitions in both our daily routines and professional lives. Summer vacations have come and gone, and hopefully, the typical “summer slowdown” in the world of private practice has also concluded with an uptick in new or returning clients. The back-to-school transition means students and professors are back on campus. It also means TAMFT’s Membership Committee launches its annual Student Membership Drive, aiming to recruit new members at the earliest point of their careers. We opted for this quarterly newsletter to focus on the theme of **Bridges and Transitions**, as our hope is for TAMFT to be a part of our members’ journeys from graduate school to the Associate experience, to full licensure, and even beyond retirement!

I just attended a Supervisor Refresher course last week, and it was the perfect opportunity to reflect on my own developmental journey as I sat next to my former supervisor, who is too busy and in love with the field to retire (ha!). I hope to be just like her when I grow up! I affectionately referred to myself as a “baby therapist” while under her supervision, and, because I valued her wisdom in ongoing consultation, she also served as a mentor for two additional years beyond full licensure. She was foundational in helping me bridge from working in a nonprofit setting to inpatient treatment for substance use to private practice. By that point, I was fully licensed and had returned to school for a doctorate in MFT, and I was ready to take the risk of generating my own income after the transition to becoming a first-time mom. The success of professional transitions from one job to another, from W2 employment to self-employment, relied on guidance from others who had gone before me. I also had experience in group practices (some good and some bad), and now it is incredibly important to me that I give back to my own supervisees in the same manner that my mentor guided me. I like to think of this as the multigenerational transmission process from one generation of MFTs to the next.

As secretary of TAMFT, I am passionate about the history and governance of not just our organization but our field at large. I enjoy working with the Board of Directors and our various committees to best serve our membership body as we diligently aim to meet our clients’ mental health needs while they experience the stressors of their own life transitions. We are privileged to help clients build bridges between their goals and accomplishments. I urge you to reflect on your own transitions, past and present, and consider the influential people who helped you to bridge the various seasons of your career. Who have you personally helped to transition from one part of the journey to the next? Stay connected to TAMFT this upcoming year as we offer more programs specific to the needs of Associates and Supervisors. And as always, as you read the committee updates, consider joining a committee to give back to our field and organization!

Warm regards,

Layla Z. Scott, Ph.D., LMFT-S, CFLE
Secretary, 2024 TAMFT Board of Directors



CHECK OUT TAMFT MERCHANDISE

NEW



All proceeds go to Family PAC!

T-SHIRTS, HOODIES, TANKS & MORE!



JOIN TAMFT TODAY!

By joining TAMFT, you show your commitment to advancing marriage and family therapy in Texas

Other member benefits include:

- Involvement in legislation that directly impacts your career
- Access to Texas-based attorney with free consultations
- 12 free CEUs each year, plus bonus webinars (\$360 VALUE)
- Discounts on conferences, online courses, tuition/services and more
- Networking with like-minded individuals



TAMFT.org/Join-TAMFT

Do We Take Supervision for Granted?

Dane Eggleston, Ph.D., LMFT, AAMFT-Approved Supervisor



I want to ask you to remember what it felt like to see your first client. Picture the colors in the room, the furniture that you sat in, and where your client sat. Remember the emotions you felt the first time you sat with a client you were responsible for.

Now, remember the first crisis situation that you dealt with. What was the presenting problem? How did you feel when you first realized there was a high-risk issue that might need to be addressed further?

These examples are situations that I assume most therapists can recall easily, or at least I certainly can. I remember the anxiety that I had when I saw my first client or when I dealt with my first crisis situation with a client. I remember the fear that I felt when I realized that, in that moment, someone else was giving me major responsibility to take care of them. I remember the pressure I was under to, at the very least, just remain ethical.

The feelings surrounding our “firsts” as therapists are exactly why it is important to have good supervision and to find a competent, strong supervisor that you are compatible with. Whether you are a new therapist or you have a lot of experience, supervision is crucial to the work we do in therapy. We must constantly navigate complicated situations that challenge our beliefs, values, and ethics. We have to face situations that force us to handle heavy emotions.

Even still, I believe it is easy to take supervision for granted because we have to have so much of it, but it is essential to our growth as a therapist. Supervision allows us to overcome difficult situations, face our fears, and challenge ourselves to grow into the best therapists possible. We need supervision for our growth, both personally and professionally. In my most difficult moments as a therapist, I have needed supervision to help me navigate the complexity of therapy. We all need supervision so we can help our clients overcome their own challenges. It is essential to who we are as a field.

TAMFT NEEDS YOUR VOICE AT THE TEXAS CAPITOL!



Texas Association for Marriage & Family Therapy

JOIN US IN AUSTIN AND BE THE CHANGE OUR COMMUNITY NEEDS!

We're seeking dedicated volunteers to testify on bills supporting our clients and profession. Your testimony can make a real difference in shaping policy in Texas.

Your voice matters.



VOLUNTEER TODAY!

**THE NEXT LEGISLATIVE SESSION WILL BE
JANUARY 14, 2025 - JUNE 2, 2025**

COMMITTEE UPDATES

LEGISLATIVE & PAC UPDATE

Members: *Marion Vickerman, Board Liaison; Tim White, PAC Chairman; Hannah McKinnies; Tara Roper; Sommer Greer; Gabrielle Dean; Kristin Ross; Mercedes Burk; Andrea Beth Jackson (Rep for BHEC standardization only), Wen-Mei Chou, Board Liaison to BHEC; Karen Diliberti, Kristi Phillips; Leila Anderson; Justin Rivas*

We are excited to announce that the Texas Association for Marriage and Family Therapy (TAMFT) has joined as a partner in the Access MFTs initiative for the 2025 session. Launched in the fall of 2022, this AAMFT-led strategic portability initiative seeks to streamline the process and reduce barriers to licensure portability for MFTs across the United States.

The Access MFTs plan employs a flexible model of licensure portability designed to address the unique challenges and environments of each state. This strategy aims to rapidly advance the MFT profession, prioritizing areas where MFTs are currently working and wish to work.

The partnership between TAMFT and AAMFT marks another significant step forward in the Access MFTs initiative. Together with the various partners across the country, we will continue to work to break down barriers to licensure portability and ensure that MFTs can provide essential mental health services to individuals and families. The need for our members to join our legislative efforts grows with this new partnership. We need your support in this legislative session. By volunteering to be a witness for bills that go into hearing, like the portability bill, we can make that much stronger of a case for our license.

MEMBERSHIP COMMITTEE UPDATE

Members: *Anna Thomison, Chair; Layla Scott, Board Liaison; Mi'cah Ducros; Hannah McKinnies; Raymond Gao; Rae Morris; Misty Schmidt; Denitra Crowder; Zachary Trevino; Ashley Montez*



We hope you had a wonderful summer. We are in full swing here in the membership committee. We are in the middle of our Annual Student Membership Drive 2024. We love students and are excited about those coming into our profession! The student drive began on September 9 and runs through November 11. Help us by interacting with us on social media and encouraging the MFT students that you know to come join the fun! We have weekly drawings for prizes such as DSM V TR and some of our new t-shirts for the new student members who sign up during the drive from our PAC Bonfire store on the TAMFT website.

Please engage with us on social media posts and please help us welcome our new members and engage with them. Please consider encouraging former graduate programs to get into the drive. The graduate program with the most students signed up will receive an award and a few conference passes awarded to the winning university.

TAMFT IS SEEKING NEW MEMBERS TO JOIN THE MEMBERSHIP COMMITTEE AND ITS VARIOUS SUBCOMMITTEES.

YOU WOULD BE A GREAT FIT FOR THIS COMMITTEE IF YOU ARE:

- Passionate about your professional identity as a Marriage and Family Therapist and interested in connecting to other MFTs by building a state-wide, inclusive professional community.
- Desirous of expanding TAMFT's membership base within each membership category.
- Proficient with writing and/or developing social media content to engage our membership body in new and creative ways.

SUBCOMMITTEE	PROJECT DESCRIPTION	APPROXIMATE TIMEFRAME
Recruitment & Retention (3 Members)	Survey development to identify member interests, needs, and barriers to membership and retention.	Ongoing. Surveys are developed annually and issued in Nov-Dec timeframe.
Awards (3 Members)	In partnership with Conference Committee to nominate and select TAMFT members to be recognized as annual award recipients.	Call for Nominations: Nov-Dev Review of nominations: January Ordering of Awards: February
Student Membership Drive (3 Members)	Annual Fall competition amongst Texas universities to recruit graduate students to join TAMFT as student members.	Planning: Summer Communication with universities: August Launch: September-October
Mentorship Program (3 Members)	Launch a program linking experienced LMFTs and LMFT-Supervisors to LMFT-Associates, new(er) fully licensed individuals, and less experienced supervisors for professional growth.	Not yet established. Proposed implementation during Annual Conference.
Communications (3 Members)	Newly adopted subcommittee that develops quarterly themed newsletters and engages the members through marketing tactics.	Quarterly Newsletters: Winter – January Spring – April Summer – July Fall – October Social Media – Ongoing

[LEARN MORE](#)



GOVERNANCE COMMITTEE UPDATE

Members: *Layla Scott, Chair; Carlos Perez; Jason Martin; Angela Hayes; Joanna Mendez-Pounds, Elections Committee Chair*

The focus for this upcoming quarter is to complete volunteer onboarding packets for each committee, which will serve as a standard operating procedures manual of historical information, committee duties/roles/project descriptions, and an orientation for new committee members at times of committee turnover and transition. One hope is that this effort will increase committee member retention so that all committees have a full team of volunteers while reducing burnout. Another objective is to invite all committee chairs and co-chairs to quarterly governance committee meetings for systemic integration and leadership engagement at the organizational level. It is never too late to volunteer for committee service! If you are enthusiastic and willing to serve in any capacity, please complete the form at: [Call for Volunteers \(tamft.org\)](https://tamft.org).

CONFERENCE COMMITTEE UPDATE

Members: *Kelsey Austin, Chair & Board Liaison; Brandon Gardenhire; Adam Jones; Neli Morris; Karen Diliberti; Adam Jones*

The Conference Committee is thrilled to have nailed down keynote speakers for the 2025 conference -- Diane Gehart and Sonya Jenson! As the call for proposals comes to a close, we are excited to review the submissions as a committee with the help of other task force volunteers. This blind review process is always a challenge as we choose from such a variety of valuable and inspiring research and learning opportunities to share with our members. Some of our favorite conference details (speakers, seating arrangements, and FOOD, of course) are coming together beautifully. We can't wait to share more, and we're even more excited to see you there!

EDUCATION COMMITTEE UPDATE

Members: *Leila Anderson, co-Chair & Board Liaison; Jose Mata co-Chair; Robyn Flores, Secretary; Alycia DeGraff, Christopher McClung; Michael Argumaniz-Hardin, Federico Mendez; Paul Massingill; Denitra Crowder*

The Education Committee is committed to delivering valuable monthly education to our members for a total of 26 CEUs every two years. Attending training is a great way to continue your education, learn from colleagues, and feel connected to the field.

The Education Committee is working hard to plan webinars through 2024 and into 2025. If you missed September's, be sure to watch the recording when it is available! October's webinar is a panel discussion titled "Why We Advocate: Understanding the Value of Legislative Action for MFTs" with former TAMFT presidents Mike Bishop and Jason Martin; current TAMFT president Carlos Perez; Texas State Board of Examiners of Marriage and Family Therapists board member Lisa Merchant; and TAMFT lobbyist Tris Castaneda. This group of people has tirelessly advocated for MFTs and for our professional license for decades. Their institutional knowledge and experience have been invaluable in advancing our field, and they share a passion for empowering the next generation of MFTs to continue their work.

Upcoming topics include year-end tax strategies for mental health professionals and cultural, legislative, and clinical topics. Be on the lookout for more details about each webinar in the coming months!



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TAMFT Members receive a **15% tuition reduction scholarship** on associates, bachelors, masters and doctoral programs at NU.

[Learn More](#)



ETHICS AND SOCIAL JUSTICE COMMITTEE

Members: Paula Boros, co-Chair; Angela Hayes, co-Chair; Layla Scott, Board Liaison; Michael Flynn; Aaron Maleare; Jaida Pryor; Felicia Holloway; Caleb Carroll; Ari Peñalosa Mammen; JoAngeli Kasper

The ESJ Committee has been collaborating with our association president, Carlos Perez, to write a Diversity, Equity, Inclusion, and Justice Statement for TAMFT. This project is an important part of establishing standards and expectations that will help guide our commitment to Social Justice and Ethics. In these challenging times, when many are rolling back DEIJ programs for a variety of reasons, TAMFT is moving forward and demonstrating its commitment to all of our members. Our next project will be an ethics and social justice essay competition open to all members, so keep an eye out for more details soon!



STATEMENT OF DIVERSITY, EQUITY, INCLUSION, AND JUSTICE FOR TAMFT

The Texas Association of Marriage and Family Therapists is dedicated to fostering an environment that values and upholds the principles of Diversity, Equity, Inclusion, and Justice (DEIJ) in all aspects of our profession. Diversity of thought and inclusion of broader perspectives leads us to increased creativity and the generation of new ideas and fosters availability, flexibility, and effectiveness. We believe our collective strength lies in embracing the richness of expressions, identities, and perspectives of both our members and the people we serve, cultivating a community where equity and mutual respect are intrinsic. We believe in working towards understanding and acknowledging the impact of unearned power and privilege on minoritized groups, dismantling oppressive systems that obstruct equity and inclusivity, and prioritizing the voices of groups that have been unacknowledged and historically marginalized.

DIVERSITY

Diversity is the commitment to representation of multiple groups, identities, and social locations including, but not limited to, race, age, gender, ethnicity, sexual orientation, gender identity, socioeconomic status, disability, health status, religious or spiritual affiliation, nation of origin and others (COAMFTE Accreditation Standards v12.5, 2021)

As an organization, we celebrate and welcome the variety of backgrounds, cultures, identities, and lived experiences that enrich our association and our communities. Embracing diversity means acknowledging that all groups do not live in the world in the same way. Diversity focuses attention on the strengths, wisdom, and competencies of different individuals, couples, families, groups, and societies. We embrace the unique perspectives each person brings, recognizing the value they add to our collective understanding and growth. We believe that embracing our collective and individual talents, skills, and experiences fosters a culture of belonging, collaborative practice, mutual trust, and respect. We are committed to creating safe spaces where diverse voices are heard and respected. We are committed to helping lead the path toward transformative practices, policies, and initiatives rooted in equity and inclusivity.

EQUITY

Equity is the commitment to acknowledging and deconstructing historical and present structures that provide unearned privilege to some at the expense of others (Seedall et al., 2014)

We are devoted to providing fair and just treatment, recognizing that systemic barriers, power structures, and biases impact knowledge of and access to resources and support both for members and clients. TAMFT aims to identify and address these disparities within our organization and the larger field of marriage and family therapy. We strive to advocate for equitable practices in all we do, working to provide our communities with the care and opportunities they deserve.

INCLUSION

Inclusion is the commitment to incorporate diverse perspectives with accompanying strategies and structures for acknowledging, respecting, and honoring differences (COAMFTE Accreditation Standards v12.5, 2021)

We believe everyone deserves to be seen, heard, feel valued, and be included. TAMFT is committed to recognizing how marginalized groups are diminished by invisibility or lack of access. TAMFT strives to be an organization where all members, regardless of their background or identity(ies), feel a sense of belonging and are empowered to fully participate in our community and services. We are committed to working to eliminate barriers that hinder involvement and ensure that everyone's voice, talents, and ideas contribute to furthering our association's mission and future.

JUSTICE

Justice is the commitment to advocacy and awareness regarding issues of power, privilege, and oppression (McDowell et al., 2002)

We are dedicated to advancing social justice within our profession and with the clientele we serve. This commitment involves fearlessly challenging discrimination, promoting human rights, and intentionally working toward systemic change that upholds fairness and justice. We recognize that justice requires us to not only look within but to look outward in order to address systems of oppression embedded in our profession and in our communities.

TAMFT commits to ongoing assessment of our policies and culture to reflect these core values. We acknowledge that achieving DEIJ is an ongoing effort that calls for dedication, reflection, conviction, and action. By embracing these principles, we strive to create a professional community that supports and thrives on the many strengths of its members, working toward a more equitable and just society for all.

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STUDENT CORNER

TSAMFT BOARD UPDATE

Members: Lizee Love, President; JoAngeli Kasper, President-Elect; Emily Saldivar, Secretary; Justin Rivas, Treasurer; Rae Morris, Social Media Manager; Cheryl Nichols, Outreach Manager; Caleb Carroll, Ethics and Social Justice Chair

TSAMFT is working hard to promote connection among student and associate MFTs across Texas. We hosted our August Peer-to-Peer support group on burnout and look forward to our upcoming October Peer-to-Peer support group on 10/5/24 at 10am. Come join us to discuss navigating hierarchy in the field, with an emphasis on graduate school, clinical supervision, internships, and job searching. We have partnered with the Membership Committee for the TAMFT Student Drive. Finally, we are working on launching a Student Research Database so students can connect with others who share similar research or clinical interests. Please join us for our other upcoming virtual events:

Saturday, 10/5/24 at 10am: October Peer-to-Peer Support Group

Saturday, 11/16/24 at 10am: TSAMFT Board Meeting

Saturday, 12/7/24 at 10am: December Peer-to-Peer Support Group, AMFTRB Test Prep Edition!

Saturday, 1/18/24 at 10am: TSAMFT Board Meeting

Saturday, 2/1/24 at 10am: February Peer-to-Peer Support Group Mark your calendars to join us virtually!

Lizee Love, TSAMFT President



Marriage and Family Therapy National Exam Prep

TAMFT has put together a suite of resources to help students prepare for the national licensure exam, including recordings of our Exam Prep Workshop, a Practice Exam & Answer Explanations, and an MFT Terms Glossary.



SIGN UP TODAY

Finding a Supervisor from an Associate's Perspective

Ashley Montez, LMFT-Associate

Supervised by James Kelly Barnett, Ph.D., LMFT-S, LPC-S



Hi Friend! My name is Ashley Montez; I'm the Associate representative for TAMFT. This article addresses the phase that comes after you have graduated from a Marriage and Family Therapy program, passed the Marriage and Family National licensing exam, completed the jurisprudence exam, and are ready to apply for a Texas LMFT-Associate license. One of the most critical decisions you will make during this phase is selecting a supervisor. Your supervisor will significantly influence your time as an Associate and beyond. This person will mentor you and advise you according to the rules and statutes of the Texas State Administrative Code and Texas Behavioral Executive Council Rulebook. Your season as an Associate is also the season where you begin to develop your professional identity as a therapist. Your supervisor will help you capitalize on your strengths and assist in helping grow your weaker areas. The supervisor-supervisee relationship is professional and bound by a contract. However, your connection should be authentic and a safe place for you to display vulnerabilities and themes related to the person of the therapist with freedom and confidentiality.

As an Associate, I can attest to the excitement of finally graduating, passing that insane exam, and receiving the notification that you are officially a Licensed Marriage and Family Therapist Associate, only to realize this is truly just the beginning! With there being so many types of Supervisors with varying types of experiences, personalities and supervision styles, it can easily seem like a daunting task to choose and contract with the right supervisor for you.

Where to Search for a Supervisor?

- The Texas Behavioral Health Executive Council (BHEC), Texas Association of Marriage and Family Therapists (TAMFT), and American Association of Marriage and Family Therapists have a database for members that allows you to search for approved supervisors within your area.
- In addition to searching through the databases or rosters, consider the relationships and connections with faculty during your graduate program. Reach out and ask for referrals or ask if any of your professors have LMFT supervisor designations.
- Connect with classmates from your graduate program who were a cohort ahead of yours and talk with them about their experience choosing a supervisor, including how and why they chose the current supervisor they are contracted with.
- Don't forget about your graduate practicum experience! Were other MFTs working there? Was your practicum supervisor also an LMFT- Supervisor?
- Don't forget about the connections you've made at TAMFT conferences. Was there a presenter who captivated your interest in a certain specialty? Check to see if they are a supervisor, if not reach out to the presenter for referrals!

The Texas Behavioral Health Executive Council (BHEC)
Texas Association of Marriage and Family Therapists (TAMFT)
American Association of Marriage and Family Therapists

Best Practices for Contacting a Potential Supervisor

Key questions to ask when interviewing a supervisor candidate should include questions that allow you to gain a well-rounded insight into who your potential supervisor is. Questions that open dialogue pertaining to the supervisor's credentials, experience, supervision style, and structure, specialization, and focus, ethics and legal considerations, professional development, logistics and practicalities, feedback/evaluations, and cultural competence/diversity. Below are some example questions to ask pertaining to each category listed above.

Credentials and Experience

1. How long have you been a licensed therapist and supervisor?
2. What was your motivation for wanting to become a supervisor?
3. Do you have any additional certifications or specialized training?

Supervision Style

1. How would you describe your supervision style? Is it collaborative, directive, reflective, or a combination of the three?
2. What is your theoretical orientation, and how does it influence your supervision approach?
3. How much emphasis do you place on case conceptualization, interventions, and personal growth?

Supervision Structure

1. Do you offer both individual and group supervision? If so, how is it structured?
2. How do you structure your supervision contract, and what is included (expectations, goals, boundaries)?
3. How many supervisees do you currently have, and how do you manage the workload of each supervisee?

Specialization and Focus

1. Do you have experience with the populations or issues I want to specialize in (for example: couples therapy, EMDR, Internal Family Systems theory, LGBTQIA+ issues)?
2. How can you help me develop my clinical skills in the areas that interest me?

Ethics and Legal Considerations

1. How do you address ethical issues that may arise in therapy with couples and families?
2. How do you handle issues of confidentiality within supervision?
3. How do you help supervisees navigate ethical dilemmas in therapy?
4. What experience do you have with legal issues that may arise in clinical practice, such as mandatory reporting, managing high risk cases, etc..

Professional Development

1. How do you support your supervisees' professional development? Do you require associates to obtain CEUs, attend conferences and/or do case consultations?
2. What would be your expectations for my growth as a therapist during our supervision period?
3. How do you help Associates transition into independent practice after licensure?

Logistics/Feedback and Evaluation

1. What are your fees for supervision?
2. How do you handle situations when a supervisee is struggling or not meeting expectations?
3. Do you provide written evaluations or formal feedback, and how frequently?

Cultural Competency and Diversity

1. How do you integrate cultural competence and diversity considerations into your supervision practice?
2. How do you help supervisees work with clients from diverse backgrounds (race, ethnicity, sexual orientation, gender identity, and religious or spiritual preferences)?

Don't settle for the first supervisor you interview. Finding the best supervisor to help you actualize your professional goals will be an investment well made. It is best to interview multiple candidates, compare those candidates, and then select the supervisor that you can build a professional relationship with, one that offers the best curriculum for your future and has the skill sets that align with your professional goals. Seek a supervisor who has mastered what you want to learn and foresee a mutually beneficial relationship.

Many supervisors are waiting to receive you as a supervisee and have a passion for training and guiding Associates according to the adage, "Do as I say AND as I do," where the supervision is not just a model or template for you to follow, but an experience that forges your therapeutic competency, skills, and professional identity as a new therapist (Zhang & Parsons, 2016). Cheers to wisdom, constructive correction, and affirmation as you navigate the transition from student to professional.



References

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COMING SOON!

A TAMFT PODCAST

Beyond the
Couch





ADVANCING RELATIONSHIPS THROUGH SYSTEMIC ADVOCACY

2025
AUSTIN, TX



SHAPING THE FUTURE

TAMFT

Texas Association for Marriage and Family Therapy

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UPCOMING LIVE WEBINARS:

Why We Advocate: Understanding the Value of Legislative Action for MFTs

1 Ethics CEU

October 18, 2024 | 12-1:00pm CT | Live Via zoom



Mike Bishop, Jason Martin, Carlos Perez,
Lisa Merchant, and Tris Castañeda, Jr.

2024 Year-End Tax Strategies for Mental Healthcare Practices & Professionals

1 CEU

November 8, 2024 | 12-1:00pm CT | Live Via zoom



Gabriell Palmer, CPA