



mindfulness for life.

Oona Fraser, M.A., R.P.

psychotherapy | supervision | education

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SUPERVISION AGREEMENT - SUPERVISION GROUPS

Supervision Goals and Scope of Practice

Supervision is defined by the CRPO as a contractual relationship in which a clinical supervisor engages with a supervisee to discuss the direction of therapy and the therapeutic relationship, to promote the professional growth of the supervisee, to enhance the supervisee's safe and effective use of self in the therapeutic relationship and to safeguard the well-being of the client.

The supervisory relationship seeks to nurture the supervisee's clinical thinking and intervention skills, to develop their professional identity, build confidence and competence within their scope of practice, to support self-care, ensure understanding of ethics, regulations and professional standards of practice, and to fulfill regulatory college requirements for the independent practice of psychotherapy.

Oona Fraser's scope of practice includes specialization in mindfulness-acceptance therapies, somatic trauma therapies, existential, gestalt, feminist and contemplative psychotherapies. Her practice focuses on adult individuals and is client-centred, queer-positive and anti-oppressive. As an experienced supervisor she has also supported clinicians with an eclectic approach including narrative, systemic, psychodynamic, solution-focused and CBT approaches.

Oona does not supervise psychotherapy with children.

Oona meets the CPRO qualifications for clinical supervisors.

Consultation Framework

Definition

Supervisee is participating in group supervision only, attending regular 90 minute meetings of up to 8 participants who are members of a regulatory college authorized to practice psychotherapy.

Responsibility

Oona Fraser is not responsible for primary oversight of the Supervisee's practice. If the supervisee is required to practice under supervision the following applies:

- The Supervisee has a separate Primary Supervisor with oversight for their practice and the supervision group functions as supplemental supervisory support.
- When needed, the Supervisee will refer to their Primary Supervisor regarding all client-related emergency and general practice issues.
- Oona Fraser will provide attestation as to supervision hours provided, but will not sign off as having supervised direct client contact (DCC) hours.
- The Supervisee will provide contact information for their Primary Supervisor and will keep the Supervisor updated to any changes in their agreement.

Structure

- Supervisee will attend regular 1.5 hour small group supervision meetings with up to 8 participants
- Supervision may be supplemented by membership in the Mindfulnetwork platform, including forum, seminars, discussion groups and office hours with the Supervisor and peer therapists - these are not supervision hours but contribute to professional development hours.

Methods

- Supervision methods may include structured case presentations, role play, directed readings, didactic or experiential learning.
- The Supervisee agrees to actively participate in the group, to consult on client work, respond constructively to the the questions of their peers, to reflect on personal process, use of self, transference and countertransference experiences.

Group Agreements

- **Punctuality:** We will arrive on time
- **Client Confidentiality:** We will use non-identifying information about our clients at all times
- **Group Confidentiality:** To help our meetings be a safe place to reflect on our feelings, mistakes and doubts, all information shared in the group is confidential
- **Shared Time:** We will strive to ensure all members of the group have opportunity to speak, including by aiming to be concise in our own consultations
- **Considerate Feedback:** We will consider what feedback a consulting member is asking for, prioritize supportive open questions and avoid unsolicited advice
- **Respect:** We will treat one another and the clients we discuss with respect: honoring difference, diverse identities and experiences; considering strengths and resilience; practicing self-reflection.

Confidentiality and Record Keeping

- The Supervisor will maintain the confidentiality of personal information shared by supervisee in the process of supervision and in the event of mandatory disclosure - including mandatory competence reporting - share only the minimum information necessary for the disclosure
- The Supervisor will keep a record of supervision meetings and other relevant documentation in a supervision file
- The Supervisee will anonymize client information in all consultations, and will maintain confidentiality of personal information shared by other participants in the process of group supervision
- When the Supervisee consults about a specific client, they will note that the consultation occurred in the client's file in accordance with CRPO guidelines
- The Supervisor will complete forms as requested by Regulatory Colleges
- In cases of disagreement the written supervision record will be referred to

Supervision fees

1. A monthly subscription of \$85 (\$75.22+HST) grants access to one or two 90-minute group supervision meetings per month, plus access to Mindfulnetwork forum, seminars and office hours.
2. The recurring subscription fee will be charged on the same day per month as it was originally purchased, and the subscription can be cancelled at any time either through the Mindfulnetwork account settings, or by sending a cancellation request to clinic@mindfulness-therapy.ca

Contact Details for Supervisor

email (preferred): oonam@mindfulness-therapy.ca

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