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# Ohio Association for Counselor Education and Supervision 2010 Winter Meeting & Workshops

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Location: Embassy Suites (Dublin) [www.embassysuitescolumbusdublin.com](http://www.embassysuitescolumbusdublin.com)

Date & Time: Friday, February 12th, 2010  
8:30am-4:30pm

CEUs: This workshop has been approved by the Counselor, Social Worker & Marriage and Family Therapist Board for 5 clock hours for **Counselors**—Approval Number: RCX 038700

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## Agenda

- 8:30-9:00 — Registration & Continental Breakfast (provided)
- 9:00-9:30 — Business Session
- 9:30-12:30 — Workshop “Ethical Issues in Supervision” (Dr. Paula Britton & Dr. Claudia Sadler-Gerhardt)
- 12:30-1:30 — Lunch (provided)
- 1:30-4:30 — Workshop “Contracting for Supervision to Promote Mindful Practice and Professional Enhancement” (Dr. Cynthia Osborn)
- 4:30 — Wrap-Up & Evaluations
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## Registration Deadline: February 2, 2010

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Amount enclosed (check one please):

- OACES Member \$50 (\$65@ the door)  Non-Member \$70 (\$85@ the door)  Students \$30 (\$45@the door)  
Lunch is included in registration fee

Send Registration to: Jo-Ann Lipford Sanders, Ph.D., 1230 Erie Blvd. Sandusky, OH 44870  
[jsanders@heidelberg.edu](mailto:jsanders@heidelberg.edu) (checks payable to OACES)

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# Ohio Association for Counselor Education and Supervision

## 2010 Workshop Descriptions & Objectives

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### Morning Workshop

#### Ethical Issues in Supervision

Paula J. Britton, Ph.D., LPCC-S & Claudia Sadler-Gerhardt, Ph.D., PC/CR

The workshop will consider ethical and legal issues faced by supervisors as they supervise counselors. Discussions about professional boundaries for both supervisors and supervisees will be addressed, and participants will be encouraged to examine their own personal and professional boundaries and to consider how to avoid boundary violations in counseling practice. Case examples from actual practice and experiential activities will provide opportunities for participants to apply learning.

#### Workshop Objectives:

- Participants will be able to apply updated knowledge about the implications of professional boundaries and ethics in supervision.
- Participants will be able to explore and identify their own personal boundaries and how these may impact their supervisory work.
- Participants will be able to plan strategies for dealing with potential boundary or ethical violations by their supervisee.

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### Afternoon Workshop

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#### Contracting for Supervision to Promote Mindful Practice and Professional Enhancement

Cynthia J. Osborn, Ph.D., LPCC-S

The skill of in-the-moment awareness has gained popularity in counseling and psychotherapy in recent years, including in such evidence-based practices (EBPs) as dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT). Common in these practices is the use of mindfulness skills not only in counseling sessions but also in consultation and supervision sessions. One tool that can be used to promote mindfulness in both counseling and supervision is the use of a written supervision contract, also designed to enhance supervisor professional development.

This workshop will describe the purpose, format, and suggested contents of a written supervision contract, as well as the possible and realized benefits (including focused awareness and mindfulness) of using such an agreement in individual supervision. Sample contracts will be reviewed and recommendations will be offered for developing a written contract in collaboration with each supervisee. The contract will be presented as a tool and practice for meeting and exceeding accreditation and other credentialing standards, addressing ethical concerns, sharpening supervisee counseling skills, and promoting supervisee and supervisor professional development. Newer and innovative applications of the written supervision contract will be considered, including its use in the supervision of EBPs.

#### Workshop Objectives:

- Participants will be introduced to basic mindfulness skills that can be applied to the practice of counselor supervision.
  - Participants will be able to understand and appreciate the role of supervision in supervisor professional development.
  - Participants will be able to identify the rationale and benefits of constructing and implementing a written supervision contract and will be able to name its six content areas.
  - Participants will be able to devise a draft of a written supervision contract for use in current or future supervision practice.
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