

A photograph of three people in a professional setting. A man in a blue shirt is on the left, a woman with glasses in a white shirt is in the center, and a woman with curly hair in a white shirt is on the right. They are all smiling and looking at each other, appearing to be in a collaborative meeting. The background is slightly blurred, showing what looks like a conference room or office.

# CLINICAL SUPERVISION SUMMIT: EXPANDING YOUR SUPERVISORY SKILLS

**February 26-27, 2025**

The Education Center at Eastern AHEC  
2600 W. Arlington Blvd.  
Greenville, NC

Many behavioral health clinicians will become clinical supervisors during their career. Clinical supervisors have a rewarding yet challenging task of guiding and preparing supervisees to become competent and effective clinical providers. Many supervisors have multiple credentials and years of experience in clinical care but may have little to no formal training in the practice of clinical supervision. Clinical supervisors need to expand their knowledge and skills in the practice of clinical supervision.

This two-day conference will offer new and seasoned supervisors an opportunity to enhance their knowledge and skills through innovative and thought-provoking sessions. Topics will include culturally sensitive and responsive supervision, ethics and supervision as it relates to technology, coaching as a way to support skill development, supervision using a virtual platform, group supervision, and supervisor wellness. Fifteen hours of credit will be available for those attending both days.

## TARGET AUDIENCE

- Licensed Clinical Mental Health Counselors and Supervisors
- Psychologists
- Marriage and Family Therapists
- Licensed Clinical Addiction Specialists
- Certified Clinical Supervisors
- Licensed Clinical Social Workers
- All Clinical Supervisors working in behavioral health, substance use services, or human service agencies/organizations

**EASTERN  
AHEC**

PART OF NC AHEC

# Conference Agenda

## February 26, 2025

8:00 a.m.	<b>CHECK-IN/REFRESHMENTS</b>
8:15 a.m.	<b>Welcome and Opening Remarks</b> <i>Karen Koch, MSW, LCSW</i> Director, Mental Health Education, Eastern AHEC
8:30 a.m.	<b>The Art of Promoting Culturally Sensitive and Responsive Practices in Clinical Supervision</b> <i>Donna Newberne, MA, LCMHCS</i>
10:00 a.m.	<b>BREAK</b>
10:15 a.m.	<b>The Art of Promoting Culturally Sensitive and Responsive Practices in Clinical Supervision (continued)</b>
11:45 a.m.	<b>LUNCH (provided)</b>
12:30 p.m.	<b>Supervision and Ethics in the Electronic Age</b> <i>Kim Strom, PhD, MSW</i>
2:30 p.m.	<b>BREAK</b>
2:45 p.m.	<b>Doing As We Say to Do: Clinical Supervisors and Self-Care</b> <i>Kenn Pritchard, PhD, LCMHCS, LCAS, CSI, CRC</i>
4:00 p.m.	<b>BREAK</b>
4:15 p.m.	<b>Doing As We Say to Do: Clinical Supervisors and Self-Care (continued)</b>
5:30 p.m.	<b>ADJOURNMENT</b>

## February 27, 2025

8:00 a.m.	<b>CHECK-IN/REFRESHMENTS</b>
8:30 a.m.	<b>Providing Feedback and Coaching to Support Skill Development</b> <i>Rachel Galanter, MPH</i>
10:00 a.m.	<b>BREAK</b>
10:15 a.m.	<b>Providing Feedback and Coaching to Support Skill Development (continued)</b>
11:45 a.m.	<b>LUNCH (provided)</b>
12:30 p.m.	<b>Best Practices for Providing Virtual Supervision</b> <i>Priscilla Norris, DSW, MSW, LCSW</i>
2:30 p.m.	<b>BREAK</b>
2:45 p.m.	<b>Making a Case for Group Supervision</b> <i>Martha Early, PhD, MSW, LCSW, LCAS, CCS</i>
4:00 p.m.	<b>BREAK</b>
4:15 p.m.	<b>Making a Case for Group Supervision (continued)</b>
5:30 p.m.	<b>ADJOURNMENT</b>

# February 26, 2025

8:15 a.m. - **Welcome and Opening Remarks**

**KAREN KOCH, MSW, LCSW**

Director, Mental Health Education, Eastern AHEC

8:30 a.m. - **The Art of Promoting Culturally Sensitive and Responsive Practices in Clinical Supervision**

**DONNA NEWBERNE, MA, LCMHCS**

Mental Health Clinic Director, Center for Child & Family Health

The vast majority of clinical supervisors have long-learned skills that may inspire cultural competence in supervisees. In order to foster personal and professional growth, in both supervisor and supervisee, the infusion of culturally sensitive and responsive practices and intentional activities into clinical supervision is an integral next step. Culturally sensitive and responsive supervision practices are not solely aimed at teaching knowledge or skills. By providing supervisees and supervisors with opportunities to reflect on one's own cultural identity, attitudes, and experiences in the context of clinical supervision, understanding, sensitivity and awareness will be deepened. This session focuses on assisting clinical supervisors to be more culturally sensitive, responsive, and self-aware through experiential activities and discussion.

Objectives:

- Explain the importance of cultural context being integrated into various aspects of clinical supervision
- Discuss ways to initiate conversations with supervisees about one's cultural self with increased confidence
- List practical exercises to assist clinical supervisees in reflecting on their own cultural identity
- Outline a supervision contract that underscores the importance of and the process for cultural identity development in the supervision process

This speaker is being supported through a partnership between UNC-CH School of Social Work and the NC AHEC Program.

10:00 a.m. - **BREAK**

10:15 a.m. - **The Art of Promoting Culturally Sensitive and Responsive Practices in Clinical Supervision (continued)**

11:45 a.m. - **LUNCH (provided)**

# February 26, 2025 (continued)

## 12:30 p.m. - **Supervision and Ethics in the Electronic Age**

### **KIM STROM, PhD, MSW**

Smith P. Theimann, Jr. Distinguished Professor of Ethics and Professional Practice  
University of North Carolina at Chapel Hill School of Social Work

The emergence of online networking through sites such as X (formerly Twitter) and Facebook create unique challenges in the application of familiar ethical and managerial concepts. Client privacy, public relations and marketing, worker self-disclosure, conflicts of interest and informed consent all take on new form and complexity in light of technological advances. This session introduces the features of social networking and explores the risks and rewards of conscious use of networking sites in clinical and supervisory practice.

#### Objectives:

- Describe the features, controls, uses, and misuses of Facebook, X (formerly Twitter), YouTube, blogging and other online networking mechanisms
- Explain the ways in which online networking may be used to advance personal, professional, organizational, and therapeutic goals
- Outline practical and ethical considerations in boundary setting, self-disclosure, confidentiality, and professional integrity
- Describe the imbedded hazards in access to clients' sites, workers' sites, and in linkages between the two

This speaker is being supported through a partnership between the UNC-CH School of Social Work and the NC AHEC Program.

## 2:30 p.m. - **BREAK**

## 2:45 p.m. - **Doing As We Say to Do: Clinical Supervisors and Self-Care**

### **KENN PRITCHARD, PhD, LCMHCS, LCAS, CSI, CRC**

Clinical Assistant Professor, Department of Addictions and Rehabilitation Studies, East Carolina University

Participants will learn self-care strategies to increase their repertoire of skills to maintain and improve wellness related to the unique challenges experienced by clinical supervisors. We will explore the application of self-care strategies and participate in the practices of intentional breathing and grounding exercises.

#### Objectives:

- Discuss the exposure of supervisors to vicarious trauma, stressors related to being in a managerial position, and the challenges of working with clients who present with complex issues
- Explore the role of self-care in clinical supervision
- Practice intentional breathing and grounding exercises that promote self-care
- Discuss implementation of self-care practices

## 4:00 p.m. - **BREAK**

## 4:15 p.m. - **Doing As We Say to Do: Clinical Supervision and Self-Care (continued)**

## 5:30 p.m. - **ADJOURN**

# February 27, 2025

8:30 a.m. - **Providing Feedback and Coaching to Support Skill Development**

**RACHEL GALANTER, MPH**

Technical Assistance and Consultation Lead, El Futuro

How can supervision be positive, strength-based, and hold people to high standards? This session supports supervisors and managers in expanding their abilities to develop the skills of staff and volunteers via feedback and coaching. Together we'll explore multiple models of feedback, examine which would suit your team, identify effective communication to develop intrinsic motivation to change, and practice providing each other with positive and constructive feedback to develop familiarity and comfort.

Objectives:

- Describe multiple models for providing feedback
- Examine which model might be the best fit for your team
- Demonstrate the ability to provide positive and constructive feedback
- Explain the role of coaching in skill development
- Integrate effective communication skills that evoke change talk into feedback and supervision

This speaker is being supported through a partnership between the UNC-CH School of Social Work and the NC AHEC Program.

10:00 a.m. - **BREAK**

10:15 a.m. - **Providing Feedback and Coaching to Support Skill Development (continued)**

11:45 a.m. - **LUNCH (provided)**

# February 27, 2025 (continued)

## 12:30 p.m. - **Best Practices for Providing Virtual Supervision**

### **PRISCILA NORRIS, DSW, MSW, LCSW**

Founder of Thrivemind Counseling and Wellness and Clinical Assistant Professor  
University of Kentucky College of Social Work

Virtual supervision is a growing supervisory method throughout the United States and across disciplines, partly because of its proven efficacy and partly because it promotes access to quality and specialized supervision in remote areas. As more practitioners seek virtual supervision, both opportunities and challenges arise for novice and experienced supervisors. This session highlights best practices for distance and technology-enabled supervision, including ethical, legal, and practical considerations.

#### Objectives:

- Describe the benefits and potential ethical, legal, and practical limitations of virtual supervision
- Identify best practices for establishing a virtual supervision practice, including strategies to mitigate limitations
- Articulate a literature-informed understanding of the efficacy of virtual supervision and the unique dynamics present in the virtual environment
- Differentiate between the different types and mediums used in virtual supervision

## 2:30 p.m. - **BREAK**

## 2:45 p.m. - **Making a Case for Group Supervision**

### **MARTHA EARLY, PhD, MSW, LCSW, LCAS, CCS**

Pamlico Behavioral Health, PLLC

An essential part of professional growth involves continued learning in a supportive environment under the watchful eye of an advanced practitioner. Supervision is a key ingredient to this process. Group supervision offers oversight that is valuable in its own right. The group provides interactive conversation, feedback, and topics of interest from members that may not have been brought forth in individual supervision. Group clinical supervision provides the means to an effective learning opportunity.

#### Objectives:

- Recognize the differences in the individual and group formats
- Learn the foundations of successful supervision in the group format
- Explore methods of proper group supervision based on best practices
- Describe the ethical and cultural aspects of group supervision
- Address activities and other components of the group supervision format

## 4:00 p.m. - **BREAK**

## 4:15 p.m. - **Making a Case for Group Supervision (continued)**

## 5:30 p.m. - **ADJOURN**

# Credit

## Category A-NC Psychology Credit:

This program will provide 15 contact hours of (Category A) continuing education for North Carolina psychologists.

**No partial credit will be given.**

## Contact Hours

Certificates reflecting 15 contact hours of education will be awarded at the completion of the program.

## National Board for Certified Counselors Credit (NBCC):



Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

## Substance Abuse Counselor Credit (SAC):

Application has been made to the North Carolina Substance Addictions Specialist Professional Practice Board for 15 hours of Substance Abuse General Skill Building and CCS hours.

# Handouts & Evaluations

Handouts will be available online only. One week prior to the program, registrants will receive an event reminder email with instructions to access handouts along with other program information.

Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

# Registration Information

Seating is limited, please register early to ensure a space. Registration is online only at [www.easternahec.net](http://www.easternahec.net) and requires a current MyAHEC account.

Fee for Both Days: **\$220**

Fee for One Day: **\$120**

The registration fees includes program materials, refreshments, lunch on both days, and credit.

## NC AHEC Photo Policy

Attendance at this activity grants permission for Eastern AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

## All Rights Reserved Statement

You may not record, reproduce, publish, distribute, modify, create derivative works, or transmit any program content and/or material presented during continuing professional development (CPD) activities. Continuing professional credit will not be given for unauthorized copied and transmitted recordings of any CPD programs and other activities. Prior registration and attendance are required to receive continuing professional credit.

## Eastern AHEC Cancellation Policy

- Cancellations must be in writing ([easternahec@ecu.edu](mailto:easternahec@ecu.edu)).
- Registrants canceling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than two weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program).

## Americans with Disabilities Act



Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA coordinator at least five days prior to the event at 252-737-1018 / [ada-coordinator@ecu.edu](mailto:ada-coordinator@ecu.edu).

Please bring a sweater or lightweight jacket to ensure your comfort.

If you would like more information on the program, please contact Mental Health Education at **(252) 744-5215** or [truesdellk22@ecu.edu](mailto:truesdellk22@ecu.edu).