

## **Sharon V. Carroll, MA, MBA, LPC-S**

In an internship, you should be directed and guided in a way that leads to improved ability, knowledge, and confidence with a variety of client-types, diagnoses, and work environments.

It's a time when you will learn much about who you are and how to develop a counseling style and approach that fits your unique self.

I am committed to ensuring that interns receive the guidance and training they need, and I require a corresponding commitment from interns to fully engage in the supervision and learning process. I use a developmental model of supervision. The developmental model recognizes the varying abilities and experience levels (therefore, needs) of interns both as they begin and as they progress through their internships. I believe in developing a safe working relationship where interns feel accepted and comfortable to address problem issues, yet where they will be challenged to grow both personally and professionally. To meet these ends, both informal and formal evaluations will be given throughout the supervisory period. The intent of evaluation is to recognize accomplishment and advancement of skills, to provide constructive feedback, and to determine how to achieve additional progress. Together, we will work to determine pertinent goals of supervision. Some of these goals will include:

- Achieve competence in the field of counseling, meeting the requirements of the profession
- Gain confidence in your abilities as a professional counselor
- Process current cases or other work-related concerns
- Expand thinking on how to treat different diagnoses and types of clients
- Understand yourself and your own unique approach to counseling
- Learn what kinds of things trigger personal issues and how to handle them
- Practice self-care that works for you

I provide individual supervision and group supervision (as schedules of interns permit). My experience, both in the counseling profession and in other management roles, equips me to provide a rich and fruitful supervisory experience.

Please contact me if you'd like more detailed information about costs, my approach, and the specific expectations I have for me and for my interns.

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