

Lauren Rigney Mental Health Counseling

Lauren L. Rigney, MS, LMHC, NCC, DCC, ACS

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Supervision

Professional Disclosure Statement for Supervision

Lauren L. Rigney
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Thank you for selecting me as your clinical supervisor. I look forward to our work together. This document should answer your questions about my qualifications, but feel free to ask me any questions you have and I will gladly answer them or provide you with other supporting documents as needed.

Degrees and Credentials

MS Professional Counseling, Monmouth University
MS Exercise and Sport Studies, Smith College
AB Psychology, Princeton University

Licensed Mental Health Counselor, NY State #004710
National Certified Counselor, National Board of Certified Counselors #246208
Certified Clinical Mental Health Counselor, National Board of Certified Counselors #246208
Distance Certified Counselor, Center for Credentialing and Education #DCC1251
Approved Clinical Supervisor, Center for Credentialing and Education #ACS2038
Certified HeartMath Practitioner, Institute of HeartMath #HMI0343

Areas of Competence

Adolescent and adult population
LGBTQ population
Mind, body, emotion integration
Mindfulness techniques
Anxiety disorders
Stress and heart rate variability biofeedback
Athlete and sport psychology
Transition issues
Career counseling

Supervision Training and Experience

I have completed a 30-hour training course on clinical supervision from The University of North Carolina Greensboro and continue to gain continuing education on the topic. I am a Distance Certified Counselor, which gives me specialized training in proper ethics and technologies for distance supervision and counseling. I have experience supervising graduate students, limited permit MHC, LMHC, and LMSW while serving as the Clinic Director at a clinic in Manhattan. I was involved in peer supervision with other fully licensed colleagues at a university and hospital from previous employment.

Approach to Supervision

Supervision is a place to develop the necessary skills and practice of counseling to protect one's clients and become a competent practitioner. My approach to supervision follows the Developmental Model, which adjusts for and to the level of expertise of the supervisee. As a clinical supervisor, I am here to help you learn what you do know and what you do not yet know in a safe and supportive environment that allows you, the supervisee, to be accountable while learning. The needs of the supervisee will change substantially over time and I aim to support and foster that growth while assuring client and therapist safety. I use a reflective model of supervision whether in individual supervision, group supervision, or tape review. The goals of clinical supervision are:

- To develop competence in standard mental health assessment and treatment modalities while encouraging learning and growing within the field.
- To gain a thorough understanding of theoretical orientations and their practical application.
- To develop clinical skills in assessment, treatment planning, implementation and documentation.
- To oversee the development of ethical decision making in the clinical setting.
- To model and promote appropriate ways to work with issues of culture, gender, sexual identity and preference, religious affiliation or other difference in the counseling setting.
- To develop the counselor's self awareness and ability to discern what are his/her issues to sort through in clinical supervision and what are the client's issues so as to avoid counter transference in therapy. While clinical supervision is not therapy, in these instances it may brush up against that boundary as we discern which issues need to be discussed in supervision and which would best be addressed within the supervisee's own therapy.
- To assist the supervisee in reducing their own professional performance anxiety while increasing their professional identity and areas of expertise

Evaluation Procedure

I use several tools in establishing goals and evaluation of these goals in supervision:

- Mutual discussion of strengths and weaknesses over time
- Self-assessment tools
- University provided therapist evaluations
- *Therapist Evaluation Checklist* by Hall-Marley (2000)

Using these tools we will establish mutually agreed upon goals that we will review during supervision sessions and/or as required by your school or supervision goals. I will keep brief session notes and provide written evaluations for you when supervision is finished or as needed.

Confidentiality

All information shared with me in the context of clinical supervision is held in strict confidence with the following exceptions:

- If the supervisee exhibits signs of impairment
- If the supervisee exhibits behaviors that are unethical and/or dangerous to the client
- If I, as a supervisor, am court ordered to testify about the nature of a supervision relationship or of a client of the supervisee
- If a client's welfare is in danger and it is deemed the supervisee is unable to assist the client adequately
- If a child, elderly person, or dependent person is being abused
- If I, as a supervisor, seek supervision from another licensed mental health professional

Supervisees must inform their clients that they are obtaining clinical supervision and the bounds of confidentiality within the supervision relationship.

Fees

Professional Supervision: \$150/hour
Group Supervision (2 supervisees): \$100/person/hour
Group Supervision (3+ supervisees): \$75/person/hour
Tape/Document Review and/or Production: \$25/15-minutes
Distance Supervision (phone or video chat): Same rates apply for individuals only

Emergency Contact Information

I respond fastest to email at lauren@laurenrigney.com. Please put a phone number where you can immediately be reached in the body of the email and I will call you back as soon as possible. Do not put the full name of a client in the email. You may also call my business cell at 646.481.7577.

Code of Ethics

As your supervisor, I adhere to the *ACS Code of Ethics* as well as the *ACA Code of Ethics*. You are responsible for following the Code of Ethics applicable to your credentialing body. As a counselor I also follow the NBCC's *Code of Ethics* and *The Practice of Internet Counseling*.

Supervision

Acknowledgement of Professional Disclosure Statement for Supervision

By signing this agreement you:

- State that you have read and understand the information presented above.
- Understand that Lauren Rigney, MS, LMHC is willing to answer any questions you may have concerning the supervisor/supervisee relationship, limitations of confidentiality, payment responsibilities, and her current credentials.
- Will notify clients that you attend supervision with this supervisor and the confidentiality limitations attached to this relationship.
- Will abide by the applicable Code of Ethics for your profession.
- Will abide by the responsibilities stated above.
- Confirm that you have been given a copy of the Professional Disclosure Statement for Supervision.
- Hereby voluntarily consent to supervision.

Supervisee Signature

Date

Lauren L. Rigney, MS, LMHC

Date