



**Melissa Alvarado, PhD, LPC-S**

Austin, TX 78404  
210-660-7122

## **PROFESSIONAL DISCLOSURE STATEMENT FOR SUPERVISION**

### **I. Qualifications and Experience**

I hold a PhD in Counselor Education and Supervision from Texas A&M University- Corpus Christi (2009). I earned my Master's in Community Counseling from the University of Texas at San Antonio (2006). My foundation for my higher learning stems from my undergraduate degree in Psychology at Our Lady of the Lake University (1999). During my undergraduate studies I earned certificates in Violence Prevention and Intervention and Criminal Justice.

In 2009 I received approved supervisor status from the Texas State Board of Licensed Professional Counselors. This status provides me with the opportunity to provide clinical supervision to supervisees working towards their 3000 post graduate hours for the Licensed Professional Counselor (LPC) license. I have received course instruction in supervision through my doctoral program as well as participated in various trainings and continuing education opportunities since my approved status in 2009. In addition, my role as counselor educator keeps me up to date on supervision best practices. I choose to keep my supervision practice at minimum, therefore I never have more than two supervisees under my supervision at a time.

I began my counseling experience as a Licensed Chemical Dependency Counselor Intern (LCDC-I) in 2000. Since this time, I have had over 15 years of experience in the field. Throughout this time prior to my license as an LPC in 2006, I worked as an LCDC-I, case manager, and research assistant at various social service and mental health organizations. When I received my temporary license as an LPC intern in 2006, I began my work with survivors of domestic and sexual violence, it was at this agency that I accrued my 3000 hours towards my full license. In 2008 I received my full license as an LPC. Post Master's my counseling training continued with my doctoral studies. During my time as a doctoral student I had the opportunity to engage in research, provide consultation, supervision, and teach. My direct counseling experience took a hiatus from 2010-2014 when I focused on my career as a counselor educator at the University of Texas at Brownsville. However, during my tenure I continued to supervise students and work indirectly with the clients they served. In addition, I served as the director of the on campus training clinic. In 2015, I relocated to San Antonio and began my venture in private practice. I have maintained a small private practice since. Currently, I am an Associate Professor of Counseling at St. Edward's University.

Most of my clinical experience has been working with survivors of trauma to include domestic and sexual violence. I have worked with children ages 4 and up. In addition, I have facilitated various groups to include, process, support, and psycho educational. Currently, in private practice I see older children, teens, and adults. Other areas of specialization include mood disorders including anxiety and depression, self-esteem issues, relationship problems, and interpersonal conflicts.

My theoretical orientation is described below:

*I provide compassionate counseling services to individuals and families. My theoretical approach embraces how I see change occurring. Foremost, I believe that counseling is made up of a relationship between two units, me as the counselor and you as the client. I strive to create an environment that is nonjudgmental, warm, and*

*caring. I strongly believe in our power to create change for ourselves. This first comes with truly embracing and loving oneself. This is rooted in person centered therapy.*

*I also believe in the power of our cognition and the direct link between our thoughts, emotions, and behaviors. This approach is called cognitive behavioral therapy. Once the protective environment and relationship has been established I work with my clients from this perspective. I help my clients examine the relationship between their thoughts and emotions and the effect it has on their behaviors. In addition, I integrate various techniques and ideals connected to self-compassion, mindfulness, and emotional regulation.*

*(www.melissaalvaradolpc.com)*

## II. Theoretical View of Supervision

I believe in person centered supervision which is closely related to client centered therapy. In the same vein, person-centered supervision assumes that the supervisee has the resources to effectively develop as a counselor. I strive to serve as a collaborator with the supervisee rather than the “expert”. My role as a supervisor is to provide an environment in which the supervisee can be open to his/her experience and fully engaged with the client he or she sees. Supervision is centered among providing ethical treatment to clients and growth as a professional counselor.

I am aware of the developmental needs of supervisees. Due to this, such needs are always considered and integrated in my approach of supervision. There may be times where supervision is directive in nature. It is expected that the supervisee develops specific professional and personal goals to attain over the course of their internship as well as overall skill development. In addition, I may assign written work and reading to assist the supervisee.

## III. Process of Evaluation

My belief is that evaluation is an ongoing practice that should be as clear as possible. I will provide my impressions of strengths and weaknesses throughout the supervisory relationship. If possible, formal feedback can be provided by observation of video and or audio recordings of the supervisee’s work. It is the responsibility of the supervisee to let me know if they are dissatisfied with the feedback they are receiving.

As a supervisor, there are many roles that I play which may include that of teacher, counselor, mentor, and/or consultant in my efforts to effectively direct supervision. It is important to note that I do not provide counseling to my supervisees. My role of counselor in supervision includes expanding the supervisee’s awareness of personal issues which affect clinical work. If necessary, I will make referrals to counseling if needed.

## IV. Supervision Arrangements

Arrangements will be made early on in the supervisory relationship. All arrangements will be signed and agreed upon in the supervision agreement.

## V. Legal and Ethical Considerations Relevant to Clinical Supervision

Supervisor and Supervisee shall adhere to the Rules of the Texas Board of Examiners of Licensed Professional Counselors, the Code of Ethics of the Texas Licensed Professional Counselors, and the American Counseling Association Code of Ethics. In addition the Supervisor and Supervisee will be knowledgeable of the Texas Family Code, Chapter 611 and Texas House Bill 300 relating to confidentiality of client’s records. Supervisees should maintain access to all relevant codes throughout supervision.

I will maintain record of our supervision sessions and recommend that the supervisee do the same. All information that is shared with me in supervision will be kept confidential. There are several important exceptions that pertain to releasing confidential material. I will release confidential material under the following circumstances: (1) I determine that the supervisee or a client is a danger to themselves or others. (2) I suspect child, incapacitated person, or elder abuse (3) I am ordered by court or our laws to disclose information. (4) It is necessary to defend myself against legal action or formal complaint that the supervisee and/or supervisee's client make before a court or regulatory board. I will attempt to maintain the strictest level of confidentiality, although I may disclose client's case or my supervision of the supervisee in extreme or specific instances (identified above), however in such cases client's identifying information will not be disclosed so that confidentiality may be protected.