

Therapist under Supervision

Some of our therapist have an associate license like an LAC or LSW and are working towards getting their professional license at this time. They are under the supervision of an approved fully licensed therapist.

The following FAQ should answer any questions you have. If you have any further questions, please contact the office of Perlman Counseling at 732-292-4504

FAQ:

- Sessions will still be private and confidential
- Your therapist may discuss aspects of your therapy with their supervisor. However, just as your therapist is held to the ethical standard of confidentiality, so is their supervisor. No information about your sessions will be disclosed to anyone unless you are at risk of danger to yourself or others
- Sessions will not be recorded and will feel the same as if in a session with a fully licensed therapist
- Supervision is even used for fully licensed therapists when learning new skills or even to help work through more specific issues or challenges
- Supervision allows for different perspectives which will only help your treatment to be better

I _____, consent to and understand that I am currently seeing a therapist under the supervision of another therapist.

Signature

Date