

## The Process of Case Consultation/Supervision

Whether you are just starting out in practice or an experienced professional, it is always wise, and often essential, to seek consultation about client cases. You may also wish to explore how you can add integrative medicine and nutrition for mental health into your work with specific clients.

When you consult with me, I am responsive to you and to your model of care. Together we discuss your questions and concerns about any aspect of the clinical process you choose. It may be about prioritizing assessment and testing, integrating mind-body methods, and folding/incorporating nutritional and somatic methods into the care you offer.

Our work together may also involve questions about complex clinician/client dynamics or traumatic transference. Whatever your purpose for the consultation, I support you in achieving your heart-felt goals for better results for your clients and more satisfaction in your practice.

As a board-approved clinical supervisor with 30 years of supervision experience, I bring supervision experience garnered from working with all types of clinicians and patients/clients. I understand well the complex dynamic between clinician and client and the nuances of personality, motivation and progress in psychotherapy and mind body therapies.

I provide you with a seasoned, empathic and creative approach to case consultation and collaborate with you on exploring the methods and approach you wish to take.

**Initial fee: 325., 75 minutes**

**Follow-up: 225., 60 minutes**