The Value of Supervision

The value of clinical supervision to your development as a mental health professional cannot be emphasized enough. It’s important that you make the most out of the opportunity to benefit from the knowledge and experience of a licensed mental health professional and to develop a strong relationship that will facilitate your growth as a psychotherapist.

In order to make the most of the supervision experience, it is critical that both you and your supervisor are aware of each party’s responsibilities in the supervision process, including the legal and ethical requirements pertaining to supervision.

California law requires at least two (2) years of supervised experience to qualify for licensure; however, the value of the relationship with your supervisor goes further than merely qualifying you for licensure.

Supervisor Minimum Qualifications

Licensed mental health professionals interested in providing supervision to a Marriage and Family Therapist Trainee or Associate must meet certain minimum qualifications in order to supervise. A summary of those requirements is available on the Board’s website.

Don’t Be Afraid to Ask Questions

Below are some questions you may want to ask your supervisor in order to provide you with a better understanding of your supervisor’s qualifications, professional background and knowledge base.

Questions to consider asking include:

• What type of license do you possess?
• Is your license current and valid?
• When were you licensed?

Preparing for the Licensing Examinations

Effective clinical supervision should help prepare you to pass the licensing exams. You can help ensure that you get what you need out of supervision by taking the following steps:

• Download the examination candidate handbooks from the BBS website.
• Review the sample questions and exam content outlines, then take them to your supervisor and discuss how your work is preparing you for the exams. Revisit periodically to ensure your supervision and experience supports your goal of licensure.
• Ask your supervisor for suggestions on effective exam preparation strategies.

• Carefully read the exam information provided on the Board’s website.

Know Your Supervised Experience Requirements
Supervisors often supervise multiple individuals working towards different professional licenses, all with different experience and supervision requirements. Therefore, it is critical that you become knowledgeable about your profession’s specific requirements.

Here are some resources available to help you understand the supervised experience requirements for the marriage and family therapist profession:

• The Applicant section of the BBS website

• Frequently Asked Questions Relating to MFT Trainees and Associates, available on the Board’s website

• Current and past issues of the BBS Newsletter

• Professional MFT associations

Your Supervisor’s License Status
Your supervisor’s license status must be current and active while you are under supervision in order for your hours to count. Visit the “Breeze” License Search to verify your supervisor’s license status. Do this upon commencement of supervision, and make note of the expiration date. Check again near your supervisor’s expiration date to ensure his or her license has been renewed so that you do not lose any hours.

Your Registration’s Status
Once you are a registered Associate with the BBS, the status of your registration is important too. Renew your registration early to ensure no hours are lost due to a delinquent renewal.

Complaints Against a Supervisor
Supervisees who wish to file a complaint against their supervisor can do so using the Consumer Complaint Form or through the “Breeze” online system.

Who to Contact for Questions
For questions regarding experience and supervision requirements, you can email the MFT evaluators directly at BBS.LMFT@dca.ca.gov

The Board’s full email directory is on the Board’s website under Contact Us.

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