

Kelsey M. Krohner, MEd, CCTP, LPC  
(412) 651-6830  
wonderingmindslpcsupervision@gmail.com

## **PHILOSOPHY OF SUPERVISION**

### **BIOGRAPHICAL INFORMATION**

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I am licensed in the State of Oklahoma as a Licensed Professional Counselor (#6887) and in the Commonwealth of Pennsylvania as a Licensed Professional Counselor (#PC010374). I am also a National Certified Counselor (#349575). I am an approved supervisor for LPC candidates in the State of Oklahoma. I have a M.S.Ed. in Community Counseling Services from Duquesne University and a B.A. in Legal Studies from Point Park University. I have over 6 years of clinical experience providing individual and group counseling to adults in outpatient and inpatient settings. I am a Certified Clinical Trauma Professional and am also certified in Cognitive-Behavioral Therapy. My areas of clinical expertise include addiction, mental health court, personality disorders, crisis and trauma, and psychotic disorders. I hold active memberships with the American Counseling Association, Oklahoma Counseling Association, Oklahoma Mental Health Counseling Association, Association for Counselor Education and Supervision and North Central Association for Counselor Education and Supervision.

### **ROLE AND GOALS OF SUPERVISION**

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Supervision occurs through stages of growth. The foundational education of the supervisee is enhanced and built upon as the supervisee gains the practical experience afforded in the clinical setting. Experiences are valuable and both the supervisor and supervisee are creative, resourceful and full of wonder. Supervision ensures that counselors are adhering to the highest ethical standards, using up-to-date, evidence-based treatments, getting feedback that encourages self-awareness and self-reflection, and managing their own wellbeing.

Supervision is a collaborative process. It is important that the supervisor's knowledge and style are appropriate to the supervisee's current needs, and this should be evaluated regularly. The supervisory relationship established and strengthened by trust, respect and transparency. Supervision should happen in a supportive environment that feels safe enough for supervisees to be honest about their difficulties. Supervision is a time for supervisees to challenge themselves. Learning takes place when we are challenged. Through role plays, case discussions, readings and training, supervision should stretch supervisees to master new skills and develop new knowledge and perspectives, and to become reflective about themselves in their clinical practice. When supervising I try to keep the level of challenge at the right level that will encourage supervisees to grow and thrive.

### **MY COMMITMENT**

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As a supervisor, I aim to establish a comfortable, private space for supervisees to explore struggles openly and celebrate successes. My goal as your supervisor is to inform, encourage and process. During our relationship as Supervisor and Supervisee, I commit to provide respectful, constructive and honest feedback for your professional development and growth. I commit to provide you with resources that aid in your professional development and your clinical work. I commit to teaching you how to assess and evaluate your professional development. I commit to celebrate your successes and growth as you arrive at licensure.