



## ***PROFESSIONAL DISCLOSURE STATEMENT***

*Dr. Sonja Sutherland, LPC, BC-TMH, ACS*

*October 2019*

This document is meant to provide you with a basic understanding of my clinical training and experience. Please feel free to contact me by email or phone if I can answer any questions for you.

### **CREDENTIALS**

**Ph.D. – August 2015 - Counselor Education and Supervision**  
*Regent University, Virginia Beach, Virginia*  
 CACREP Accredited

**M.S. - June 1999 - Professional Counseling**  
*Georgia State University, Atlanta, Georgia*  
 CACREP Accredited

**B.S. May 1989 - Psychology**  
*New York University, New York City, New York*

**Approved Counselor Supervisor (ACS # 2751)** – National Board for Certified Counselors (NBCC)

**Board Certified – TeleMental Health Counselor (BC-TMH #1371)** – Center for Credentialing & Education

**Licensed Professional Counselor (LPC #004104))** – Georgia Composite Board of Professional Counselors

## **COUNSELING & SUPERVISION PRACTICE**

I provide counseling in the both face-to-face and technology assisted settings. Additionally, in faceto-face and technology assisted settings, I provide counselor supervision for practitioners who are currently licensed, and for masters level practitioners pursuing licensure.

### **Clinical Experience**

In the field of counseling since 1998, and licensed since 2001, I have provided therapeutic services in the private practice, psychiatric residential, in-home, and outpatient mental health settings. I have worked with adolescents and adults, through individual, group, couples, and family therapy. Over the last 15 years, a primary focus has been in working with adolescent girls and boys ages 14 – 21 (in-home and psychiatric residential settings) with diagnoses including but not limited to Bipolar Disorder, Disruptive Mood Dysregulation Disorder, Major Depressive Disorder, Oppositional Defiant Disorder, Schizoaffective Disorder and Substance Abuse related disorders. A clinical focus, as well as the topic of my dissertation centered on PTSD in adolescents as a result of sexual victimization [rape, incest, familial molestation, or commercial sexual exploitation (prostitution)], physical abuse, and other traumas. Couples and family therapy is currently the primary focus in private practice, and was a secondary focus during my doctoral program studies. My research in this area has led to the development of a 10-week family conflict resolution and relationship restoration program geared towards improving communication and relationship interaction between spouses, and between parents and children. Research studies piloting this program are currently underway. In addition, I follow the American Counselor Association 2014 *Code of Ethics*.

### **Supervision Experience**

During my years in the field, I have served as a Director of Mental Health and Clinical Services for mid – large sized outpatient mental health organizations providing therapeutic intervention in the Cobb, Atlanta, and Stone Mountain areas of Georgia. In this capacity, I provided strategic and administrative oversight and accountability for clinical service provision, as well as clinical supervision for mental health professionals providing services to the community at large. While in the field as a practitioner, and as an Adjunct and now fulltime Assistant Professor of Counseling, the last several years had a heavy focus on the training of master's level students entering the field. I also privately continue to provide supervision for masters level graduates already working as practitioners.

Supervision is a consistent, ongoing and trusting relationship that promotes the clinical, professional and personal growth of the supervisee. Within this relationship, supervision has the dual purposes of

1. working towards concrete clinical development goals set jointly by the supervisee and supervisor, towards the development of skills and competencies needed for licensure, and
2. ensuring client welfare through the oversight of supervisees' clinical intervention, and through the ongoing development of supervisees' clinical skills.

I prefer a collaboratively-based style of supervision that is rooted in the strength of the relationship between my supervisees and me. We will spend time in dialogue toward developing a strong working alliance, to be able to understand developmental style differences between us, and determine how best to respectfully and effectively strategize through such differences, ultimately for the benefit of the client. Personal compatibility is important, and frequent discussions concerning mutual goals can help keep communication channels open. I also believe the ongoing development of cultural competence is critical. Continued growth in the area of social and cultural diversity competence (age, disability, race, religion, ethnicity, socio-economic status, sexual orientation, indigenous heritage, national origin, gender) will be an integral part of the supervision process. In addition, I follow the Approved Clinical Supervisor *Code of Ethics* (available at [www.cce-global.org](http://www.cce-global.org)).

### **THERAPEUTIC APPROACH & THEORETICAL ORIENTATION**

Main therapeutic approaches as a counselor include Cognitive-Behavioral Therapy (CBT) and Interpersonal Process (IPP). Both are utilized within a Person-Centered approach to therapy. However my primary theoretical orientation rests in Attachment & Systemic Theories.

With mood disorders such as depression and anxiety in adults and adolescents, I often utilize CBT and incorporate reframing exercises, journaling, positive self-talk and restructuring of negative, maladaptive or erroneous thinking. Also effective with adolescents are reinforcement techniques, relaxation, modeling, and contracts. Parental intervention/training is also incorporated when possible.

*This Disclosure Statement reflects my scope or practice and the training documented as part of my education and licensure. It will be revised with documentation of additional training and/or changes in scope of practice.*

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Sonja A. Sutherland, PhD, LPC, BC-TMH, ACS

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Date

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