

Savannah Family Institute

SFI Follow-Up Supervision: Why Should You Care?

Treatment fidelity is defined as whether or not the treatment was delivered as intended and if the therapists followed the treatment plan as intended (Moncher & Prinz, 1991).

- Combat the “Regression to the Mean” phenomenon. It is normal for therapists who have received a new treatment approach to slide back into their old models in times of stress or when faced with a difficult case.
- Most therapy is done “behind closed doors.” If you get stuck with a case, you are often not sure why and you have no one to help you get unstuck. If this happens frequently, your morale drops and your rate of burn-out increases.
- Most of us are taught content, but not process therapy. Learning process therapy takes practice and ongoing consultation from an expert process therapist.
- If the model is not delivered as intended, quality assurance drops and the client may not receive the full benefit of the model.

How Does SFI Supervision Work?

- Step #1** The therapist will fax to the assigned SFI supervisor the SFI Family Therapy Supervision Tracking Form or PLL Protocol Checklist Form that has been chosen for supervision review.
- Step #2** The SFI Supervisor will review the Tracking Form or Protocol Checklist as he supervises the SFI therapist using the following format.
- Phone supervision will be done one time per month for SFI Family Therapy supervision and/or one time per month for PLL supervision for 10 months per year
 - Therapists will meet in front of a speaker phone (if under the same roof) or dial into a phone conferencing service
 - Phone Supervision will last for one hour.
 - Two therapists on the supervision team will each have a ½ hour –The next supervision time will be with two therapists who have not yet had a chance to be supervised.
 - You will pick one difficult case and follow that one case through with the SFI Supervisor completely through termination.

What Does SFI Supervision Cost?

The cost for SFI Supervision is only \$50.00 per hour per supervised therapist. Agencies with 3 or more therapists in the same location pay a flat rate of only \$150.00 per hour. This means that agencies pay \$1,500 per year for each model supervised while individual therapists pay \$500.00 per year.