

## **The MOTH Supervision Menu**

Supervision should nourish your growth as a therapist. Choose from the menu below based on your current needs, curiosities, and challenges. You can sample different options each week or stick with your favorites—either way, we're here to serve up knowledge, insight, and professional development.

### **Appetizers: Getting Started & Foundations**

**(Light but essential—every good therapist needs a strong foundation.)**

- Case Conceptualization & Clinical Formulation – Understanding your client's narrative and treatment needs.
- Treatment Planning & Goal Setting – Crafting structured, measurable, and flexible therapy goals.
- Mastering Diagnostic Skills – Navigating the DSM-5-TR, differential diagnosis, and case formulation.
- Crisis & Risk Assessment – Managing suicidality, self-harm, mandated reporting, and hospitalizations.

### **Entrées: Clinical Mastery & Deep Work**

**(Hearty, satisfying, and full of professional growth.)**

- Therapeutic Interventions & Modalities – Exploring evidence-based and creative approaches.
- Navigating Complex Client Presentations – Working with high-risk clients, severe mental illness, and co-occurring disorders.
- Managing Transference & Countertransference – Understanding emotional responses in therapy.
- Multicultural Competency & Intersectionality in Therapy – Addressing bias, privilege, and cultural humility.
- Integrating Creative, Holistic, and Experiential Techniques – Narrative therapy, expressive arts, somatic work, and more.
- Group Therapy Facilitation – How to structure, lead, and manage group dynamics.

Jen Hyatt, LMFT  
Licensed Marriage and Family Therapist #99355  
[www.stormhavenwellness.com](http://www.stormhavenwellness.com)

- Couples & Family Therapy – Addressing relational dynamics and systemic approaches.

### **Specialty Pairings: Professional Identity & Ethics**

**(Refined selections to shape your long-term success.)**

- Finding Your Therapeutic Voice & Style – Honing authenticity while maintaining ethical boundaries.
- Developing Confidence as a Therapist – Managing imposter syndrome and self-doubt.
- Ethical Decision-Making & Gray Areas – When laws, ethics, and real-life situations don't align neatly.
- Navigating Dual Roles & Boundaries – Ethical challenges in small communities, social media, and self-disclosure.
- Advocacy, Social Justice, and Therapy – Balancing activism and clinical work without overstepping.

### **Sides: Essential but Overlooked Skills**

**(You don't always think about them, but they make everything better.)**

- Documentation & Progress Notes – Writing concise, clinically sound, and legally defensible notes.
- Clinical Monitoring & Improvement – Self-auditing, measuring client progress, and refining treatment.
- Case Management & Coordination – Collaborating with other providers and navigating wraparound care.

### **Dessert: Fun & Sweet Explorations**

**(Because supervision doesn't always have to be so serious.)**

- The Wounded Healer: Personal Growth as a Therapist – Exploring how your own experiences shape your clinical work.
- Self-Care & Burnout Prevention – Avoiding compassion fatigue while maintaining work-life balance.
- Creative & Pop Culture-Inspired Interventions – Using media, fandoms, and mythology in therapy.

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- The Existential Therapist's Guide to Uncertainty – Making peace with the unknown in both therapy and life.

### **The After-Dinner Chat: Licensure & Career Navigation**

**(A strong finish for those planning their next steps.)**

- Understanding BBS & Licensure Requirements – Breaking down hours, paperwork, and the road to licensure.
- Preparing for the Law & Ethics & Clinical Exams – Study strategies and clinical reasoning skills.
- Exploring Private Practice & Business Considerations – The realities of working in or starting private practice.
- Developing a Post-Licensure Plan – What's next after the license? Specialization, leadership, and career growth.

### **Special Requests & Custom Orders**

Have something specific you'd like to focus on? Let's tailor our session to meet your needs!

### **Chef's Special: Supervision Deep Dives (For when you want a more intensive experience.)**

**(This could be an optional add-on section for deeper exploration of specific topics.)**

- Live Case Consultation & Group Processing – Bring a case (de-identified) and receive collaborative feedback.
- Role-Playing & Intervention Practice – Rehearse techniques before trying them in session.
- Ethical Dilemmas in Real Time – Unpacking current tricky ethical situations with peer discussion.
- Video Review & Feedback (Client-Consented Sessions) – Observe and refine your therapeutic presence.

### **Seasonal Specials: Adapting Therapy for Life's Cycles**

**(Recognizing how seasons, cultural shifts, and life transitions impact therapy.)**

- ❄️ Wintering: Rest, Reflection & the New Year Reset – Navigating seasonal affective shifts, the pressure of New Year's resolutions, and the call to slow down.

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- 🌲 Therapy During the Holidays – Managing client stress, grief, and cultural expectations during the holiday season.
- 🌱 Spring Reset: Renewing Motivation in Clients – Helping clients move out of stagnation and into growth.
- ☀️ Summer Slowdown: Supporting Clients Through Transitions – Addressing seasonal anxiety, shifts in routine, and self-reflection.
- 🍂 Fall Frenzy: Preparing for Year-End Reflection & Change – Managing existential themes, identity shifts, and new beginnings.

### 🌙 Late-Night Specials: Deep, Existential Therapy Conversations

**(For when supervision leans into the philosophical.)**

- What Even Is Healing? – Exploring the nature of change and transformation in therapy.
- Is Therapy a Relationship, a Science, or an Art? – Discussing different frameworks and therapist perspectives.
- The Therapist's Shadow: The Parts We Don't Talk About – How countertransference, biases, and personal wounds show up in our work.
- Holding Space for the Unknowable – Working with clients facing existential dread, grief, and meaning-making crises.

🌱 Storm Haven's supervision space is here to support your growth. Let's dig in, challenge ourselves, and build meaningful conversations every week.