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Ladies and Gentlemen:

Thank you for your interest in becoming certified in the *Parenting with Love and Limits*[®] Group Therapy Model and/or the PLL Family Therapy Model.

We have recently changed the requirements for certification in these two models. In the past, we have offered these certification trainings with no follow-up training or supervision on our part. Unfortunately, over time we have found that this lack of continual contact with SFI all too often results in a gradual erosion of model fidelity and effectiveness. Given that we are dealing with our youth, our most precious resource, we cannot afford to have this happen.

After much discussion with our past participants, we have arrived at a plan for dealing with this issue. We now require that each person participate in ongoing supervision with SFI as a condition of their continued license to use the models.

Your commitment for each certification is one hour per month for phone supervision, for ten months out of the year. You will be assigned an SFI Supervisor and grouped with up to five other SFI-certified therapists for this supervision using a conference calling service. This supervision will hone your skills and greatly enhance your effectiveness with your teens and families.

The cost to you for this supervision is \$500.00 annually for each certification. That's a rate of only \$50.00 per hour, which is very attractive compared with other supervisory rates on the market, which can often run \$150.00 per hour. To partially offset your additional expense, we are pleased to announce that we have reduced the registration fees for each of these certifications by \$100.00. Your first year cost for this supervision has now been added to the registration fee for the certification course.

At the training class, we will arrange with you to set up the supervision.

We trust that you, like most of the clients we contacted, support the need for the ongoing supervision, and can see the great benefit of same in your work.

Warmest Regards,

Scott P. Sells
Director

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 are eligible for special agency rates. The typical agency will pay \$1,500 per year for each model supervised while individual therapists pay \$500.00 per year.