

OCCUPATIONAL THERAPY

OTs are increasingly seeking coaching, mentorship and supervision from experienced OTs and asking...

Mentorship or Supervision: What model is right for me?

Mentorship

Less formal

Contact may be intermittent

Content varies, is flexible and dependent on the mentee's goals. Content could include:

Clinical challenges
Best practices
Case studies & Consultation
Therapeutic rapport
Resource sharing
Business coaching
Work/Life Balance & Boundaries

The Mentee maintains responsibility for their caseload

Psychotherapy Supervision

More formal

A learning plan and agreement is established

Contact is more regular

Content is focused on the delivery psychotherapy services in your Occupational Therapy practice

Required for OTs in Ontario new to psychotherapy practice

The Supervisee maintains responsibility for their caseload

Both!

I want and need Psychotherapy Supervision for my practice but also want mentorship or coaching.

Connect with a Supervisor that is a good fit for supporting you with your psychotherapy practice

And connect with a Mentor that is a good fit for coaching you with your professional development goals

OR connect with an OT that is a good fit for both and will delineate your mentorship & supervision sessions

At Pelvic Resilience, Lara Desrosiers OT Reg. (Ont.) offers Mentorship, Psychotherapy Supervision and Flex packages for OTs that are interested in a mixture of Psychotherapy Supervision & Mentorship!

Still have questions? [Book your FREE Discovery Call!](#)

