
STICKY BRAIN STUDIO • CLINICAL TRAINING

Clinical Supervision & Consultation Guide

*What to expect, how it works, and what
to consider before booking an intake*

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Companion to the Clinical Supervision Pathways

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Before You Book

Common questions about clinical supervision through Sticky Brain Studio

This guide walks through the most common questions clinicians ask before booking a supervision intake. If you don't see your question here, the free 15-minute fit call is the right place to ask it.

The basics

Who is this supervision designed for?

This supervision is built for two groups of clinicians:

- Licensed mental health clinicians (psychologists, LCSWs, LPCs, LMFTs) who already carry their own caseload, in independent practice or employment, and want structured support in working with neurodivergent children, adolescents, and adults.
- Postdoctoral psychologists who already have primary licensure-hour supervision in place at their training site, and want a specialty supplemental supervisor focused on neurodiversity-affirming care of kids, families, and adults.

Common reasons clinicians and postdocs seek this work:

- Feeling generally competent but under-equipped with ADHD, autism, anxiety, and executive functioning across the lifespan.
- Building a clinical niche serving neurodivergent youth, families, and adults and wanting an experienced thinking partner.
- Wanting to integrate the Sticky Brain frame into an existing or developing practice.
- Needing ongoing case consultation rather than one-off referrals.

I'm a postdoctoral psychologist. Can I use this for my licensure hours?

This is specialty supplemental supervision, not your primary licensure-hour supervision. Most state boards (including Wisconsin) require that primary postdoctoral supervision be provided by your training site supervisor under specific conditions. We are not a substitute for that.

What we can do is work alongside your primary site supervisor, focused specifically on neurodiversity-affirming pediatric and adult work. With your primary supervisor's awareness, we can coordinate as needed.

We accept one paid postdoctoral supervisee at any time, plus one annual mentorship spot offered without fee through a brief application process focused on equity, mission alignment, and specialty interest fit. Available nationwide.

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Is this licensure-hour supervision?

No. This is professional development supervision and clinical consultation. It is not the kind of supervision required by most licensing boards for pre-licensure or postdoctoral hours, that supervision generally must come from a clinician in your own discipline and meet specific board requirements.

If you need primary licensure-hour supervision, we are happy to help you find the right supervisor for that, separately.

Is this a practicum or internship placement?

No. Supervisees here maintain their own clients, their own malpractice coverage, and their own clinical responsibility. There is no caseload assigned through this supervision, and Sticky Brain Studio does not act as a training site for practicum or internship purposes.

How the work is structured

What does a typical supervision session look like?

Individual sessions follow a flexible standard agenda designed to make weekly time productive without feeling rigid:

- 10 minutes: caseload updates and risk review
- 30 minutes: case conceptualization and clinical reasoning
- 10 minutes: ethics, systems, and professional considerations
- 10 minutes: professional development goals

Most weeks, the bulk of the time is spent on whatever case material is most pressing for you. The agenda is a scaffold, not a prescription.

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How is small-group consultation different from individual supervision?

Small-group consultation is biweekly, capped at four clinicians, and uses a rotating case-presentation format with structured peer consultation. It is best for clinicians who learn well alongside peers and want to build a small professional community.

Most clinicians start with individual supervision to build a foundation and transition to (or add) small-group later. Some find it valuable to do both simultaneously — individual for their own caseload depth, group for community.

What is the Sticky Brain frame, and why is it part of supervision?

The Sticky Brain frame is a developmental, neuroscience-informed way of understanding why thoughts, emotions, and behaviors get "stuck" — and how to help them get unstuck. It is the conceptual backbone of Sticky Brain Studio's clinical resources, parent guides, and child-facing workbooks.

Supervision applies the frame to your actual cases. The goal isn't to convert your existing approach but to give you a structured way of thinking about neurodivergent presentations that integrates with the modalities and theories you already use.

Logistics

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What does it cost?

Pricing is straightforward and transparent. The Pathways document has the full breakdown; the short version:

- Initial intake (75 min, required): \$175, one-time
- Individual supervision: \$150/session weekly or \$160/session biweekly
- Small-group consultation (90 min biweekly, cap of 4): \$75 per person per session
- Single case consultation (60 min, à la carte, no commitment): \$165
- Postdoctoral supplemental supervision (60 min weekly): \$110/session, plus 1 annual mentorship spot/year (no fee, application-based)

All sessions are billed monthly in advance. There is a 3-month minimum after the intake; after that, the arrangement continues month-to-month with 30 days' notice to discontinue.

How is payment handled?

Billing runs through SimplePractice. You receive an invoice at the end of each month for the upcoming month's sessions, with payment due before the first session of the new month. Sessions cancelled with less than 24 hours' notice are billed at the full rate.

Where do sessions happen?

All supervision sessions are virtual, conducted on a secure, HIPAA-compatible video platform. This makes it possible to work with licensed clinicians anywhere in the United States, regardless of where they are licensed to practice.

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What kind of commitment is required?

After the intake, individual supervision asks for a 3-month minimum. This isn't punitive — it reflects the reality that meaningful supervision needs continuity to be useful. After the initial 3 months, the arrangement is month-to-month with 30 days' notice.

Small-group consultation is structured in 6-month cohort cycles, since the group dynamic and case continuity depend on stable membership.

Fit and expectations

Will this build my caseload or refer clients to me?

No. Supervision here is educational oversight and consultation. It is not a referral pipeline, marketing arrangement, or business-incubation program. We do not refer clients between supervisor and supervisee.

If you are looking for help building a practice, that is a different (and valuable) kind of support, but it is not what this offering provides.

What if I'm not sure if it's the right fit?

Book the free 15-minute fit call. It is genuinely a fit call, not a sales call. We talk through what you're looking for, what your caseload looks like, and whether this kind of supervision matches your goals.

If it isn't the right fit, we will say so and, where possible, suggest other supervisors or consultation arrangements that might match better.

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What do I need to bring to the intake?

A few practical things:

- Active license number and discipline
- Proof of current professional liability (malpractice) insurance
- A brief snapshot of your current caseload and goals for supervision
- Any specific clinical questions or themes you'd like our work to focus on

The intake itself is structured: we review goals, sign the supervision agreement, and lay out a working plan for the first 4–6 weeks. By the end of the session, we will have made a mutual decision about whether to continue.

Have a Question We Didn't Cover?

The fit call is the right place to ask it.

Free 15-minute fit call

This call is for any clinician considering supervision and is not a sales call. We talk through your goals, answer your specific questions, and decide together whether moving toward an intake makes sense.

Schedule the call

stickybrainstudio.clientsecure.me

(608) 892-8115

*For the full breakdown of pathways, formats, and pricing,
see the [Clinical Supervision & Consultation Pathways](#) document.*