



FAQ

General

Who is this for?

- Mentees: Early career therapists who are in grad school through the first two years of practice. Those who wish to open a private practice are encouraged to apply.
- Mentors: practitioners who have worked at least 2 years in the field and have obtained independent licensure to practice. Those with private practice experience are encouraged to apply.

Is this only for U.S. residents?

No! We have interested applicants who live in Canada, the UK, and more. While we cannot guarantee matches for individuals who reside outside of the US (or even within the US), we will do our best to match international applicants with others who reside in the same country/region.

Is this like supervision or therapy?

No! This is not a supervisory or therapeutic relationship. Please do not substitute mentorship for your regular supervision or mental health care. This is a professional relationship that is meant to provide mutual benefit and growth opportunities, and a space for mentees to learn about the business of being a mental health provider. To learn more about the differences between mentorship and supervision, check out this website from McGill University:
<https://www.mcgill.ca/gradsupervision/supervisors/mentoring>

Where can I find the application link?

There will be a Google Form link available on November 1, 2022. It will be accessible on Instagram, for Substack subscribers, and on the Informer Coaching website.

How long does the program run for?

The program is officially 6 months in length. It will start February 1, 2023 and end on August 31, 2023.

How will this program be carried out? Zoom?

In person?

Mentors and mentees will be able to determine how and when they meet. If we are able to make a match between people who are in the same geographical area and they wish to meet in person, go for it! If we make a match and the individuals are across the country, obviously a Zoom or text-based relationship will be more likely. We will do our best to match people who are geographically close to each other.

Can I extend my mentorship when the program ends?

Yes! We highly encourage that you continue the relationship with your mentor/mentee if both parties are open to it and comfortable with the idea. The hope is that you find your mentor/mentee a great addition of support, feedback, and guidance in your professional life.

How often would I need to meet with my mentor/mentee?

Once you are paired up with your mentor/mentee and you feel like you are a good fit for each other, we encourage you to meet at least twice per month for the duration of the program (an average of 12 meetings). If you feel that meeting more frequently is doable and both parties are open to it, please feel free to do so! The idea is to be consistent with meetings to build support throughout the program.

Do I need to live in the same area as my mentor/mentee?

No! But we will do our best to find geographical matches whenever possible to facilitate possible in-person meeting possibilities.

What happens if I feel like my mentor/mentee and I are not a good fit?

We will encourage you to address any issues within the relationship first, if possible. If you've attempted to remedy the issue and it remains unresolved, we will have a process by which you can request a rematch. This process is currently under development and we can't guarantee we will have a new match for you upon request.

Can I exit the program before the program's end date if I can no longer participate?

Yes, however we'd strongly encourage you to remain if at all possible. If you need to leave the program due to unforeseen circumstances, please reach out to our team so that we can work with your match to get them reassigned to someone else, if at all possible.

Am I guaranteed a match if I apply?

Unfortunately, we can't guarantee matches. We will do our best to match mentees with mentors, however, there are typically more potential mentees than mentors, and so some individuals may not have a suitable match. If this is the case and we are unable to find you a match when the program starts, we will enter you into a rolling match process and will alert you when a potential match becomes available. If there are a significant number of mentees for whom we do not have a match, we will likely be setting up a peer support program where interested early-career therapists can take ownership of self-organized peer groups. More information on this coming soon.

Mentors

Are there specific qualifications required for me to be a mentor?

Ideally, we'd like to have mentors who have worked at least 2 years in the field and have obtained independent licensure to practice. Individuals with Master's or Doctoral degrees are encouraged to apply. You are not required to have opened or operated a private practice, however, as many of our mentees are interested in learning this aspect of working in mental health, we strongly encourage those with private practice experience to apply. This will NOT be a supervisory or therapeutic role and you are not expected to provide these types of services to your mentee. We expect mentors to know when the relationship may be taking on qualities that are better suited for supervision or therapy, and that they will help their mentee find the appropriate resources.

I have only been licensed for a little while (less than 2 years). Should I still apply to be a mentor?

Providing mentorship to someone who is brand new is an awesome opportunity to sharpen your own skills and gain invaluable experience. If you feel like you have important resources, advice, or guidance to share, we encourage you to apply! We are not expecting you to have all of the answers, experience, or knowledge—we are more concerned with helping mentors and mentees build sustainable, growth-oriented relationships.

What support is available for mentors?

We will be scheduling check-in sessions for mentors throughout the length of the program, and will be available to answer questions via email throughout as well. If there is enough desire, we will attempt to facilitate peer support groups for mentors to self-organize meetings amongst themselves for additional support and resourcing throughout the program (and beyond, if wanted!)

Will I be expected to take on more than one mentee?

No! However, we have many, many interested mentees—demand currently outstrips supply—and would love to make sure everyone has a match if at all possible. If you have the availability, we'd greatly appreciate you considering taking two mentees under your wing. For some mentors, this might look like setting up a dyad mentorship hour with both mentees, so that you can work with both without needing to double the amount of time you're spending. Or, if you have the space and energy and wish to give individual attention to your individual mentees, this is also completely fine.

Mentees

Are there specific qualifications required for me to be a mentee?

Ideally, we'd like to have mentees who are in graduate school through the first two years of practice, or those who are unlicensed and seeking licensure.

Individuals pursuing/currently holding Master's or Doctoral degrees are encouraged to apply. You are not required to be interested in opening a private practice, however, as many of our mentors have experience with private practice, we encourage those who want to open their own practice to apply. This will NOT be a supervisory or therapeutic role and you are not expected to seek these types of services from your mentor. We expect mentors to know when the relationship may be taking on qualities that are better suited for supervision or therapy, and that they will help their mentee find the appropriate resources.

I am in my first year of graduate school. Should I apply?

We encourage anyone at any stage of their early career to apply, and we will do our best to match folks accordingly. However, we will give priority to graduate students who are in practicum/internship, as well as those who are just graduating or expected to graduate during the program.

Will I be matched with more than one mentor?

Very likely not. We have more interested mentees than mentors currently—demand currently outstrips supply—and so you may actually be matched with a mentor who has agreed to mentor more than one person. In this case, if at all possible, we encourage you, your mentor, and the other mentee to try and find a doable arrangement to meet as a dyad whenever possible.

More Questions?

Email us at mentorship@informercoaching.com