

# Borders Therapy Services

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## Supervision

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## The Supervision Working Agreement

I am an Accredited Registered member of the British Association of Counselling & Psychotherapy and subscribe to their Ethical Framework for Good Practice in Counselling & Psychotherapy. I have a Post Graduate Diploma in Counselling Practice and a Post Graduate Diploma in Supervision, a Diploma in Clinical Hypnotherapy and a PGCE Teaching qualification. I have been supervising since 1996 and my Integrative Approach and training enable me to draw upon theories grounded in the Person Centred, and Humanistic philosophies. My aim is to provide a safe therapeutic environment in which we both make a commitment of time and energy to each other through our decision to work together, a place where deeper thinking, challenges, warmth, and transparency underpin the relationship.

My role as your Supervisor will be about managing the journey we take together, our hopes, fears and passions for the work we do and an active space where reflection and reflexivity are valued highly. Together we will I hope create opportunities where clients will be at the heart of our sessions, sharing a purpose to develop an environment and a presence where clients feel encouraged to explore and discover aspects of themselves they may not yet fully understand. I feel sure the work will be varied and I hope a learning experience and space where ideas, values, thoughts and feelings will be respected and encourage to grow from those initial seeds of awareness to the bounty of full fruition. The purpose, functions and tasks of supervision will differ according to the context in which you work and we will meet the challenges this brings together.

**Care of self as a practitioner.** This is an important aspect of the therapeutic work and I feel we need a shared understanding and agreement of how we will keep transparent our own wellbeing. A good starting point is that:

BACP determine 'Practitioners have a responsibility to themselves to ensure that their work does not become detrimental to their health or well-being by ensuring that the way they undertake their work is as safe as possible and that they seek appropriate professional support and services as the need arises'

**Supervisees Personal Philosophy:** I'd like you to take time to think about what motivates you to undertake the work we do. Consider what you feel in both your heart and your head about your relationship with clients, the underpinning theories that inform your work and what enables you to make sense of providing counselling support to individuals seeking your professional support.

### Current Supervision Fees:

- At the time of this agreement 2015 my fee stands at £40.00 for an hour, with 1.5 hrs as a minimum session requirement, (BACP minimum recommendations) thus fees per session £60.00. Session will be held at a mutually agreed time.
- Sessions can either be booked every 4 weeks or calendar month basis to suit your particular needs with a minimum of 12 a year. (BACP requirement). I ask that fees are made by cash or BACS payment and organisations can be invoiced if appropriate after the session.
- I will 'politely highlight' that I do charge for sessions that are missed, or cancelled with less than 48hrs notice. That time has been reserved and booked specifically for you.
- A four weeks' notice period for termination of our Supervision Agreement is necessary to enable us to bring appropriate closure to our work. I ask that we both give two weeks' notice of holidays to enable supervision to be rearranged.
- Fees may be reviewed during our time working together and this will of course be negotiated.

### Group Supervision - Clarification of Payments

For 1 person 1.5hrs (minimum BACP requirement) per month costs is £60/person

For 2 people sharing 1.5hrs (minimum BACP requirement) per month costs is £45/person

For 3 people sharing 1.5hrs (minimum BACP requirement) per month costs is £40/person

#### **IMPORTANT NOTICE:-**

If someone does not attend a group session they will need to reorganise the session during the same month to meet BACP requirements, the cost for the remaining members reverts to the number of remaining people in the session and the person missing the session reverts to the single person session cost.

## IMPORTANT

For us to establish a professional working relationship I ask that you consider and agree to the following:

1. I agree to maintain supervision of my client work on a monthly basis, 12 sessions per year.
2. Ultimately I am aware that clinical responsibility remains with me as the supervisee.
3. I am responsible for keeping notes of my supervision sessions in line with BACP requirements.
4. I will come to supervision prepared and ready to discuss my case work and any related issues.
5. I have read and understood this agreement, which has been discussed and negotiated with Sue. Changes must be agreed and negotiated between myself and Sue.
6. When undertaking placement work as a trainee counsellor you will work within the guidelines of your Training Institution. You will draw to my attention any relevant documentation appropriate to supervision. Where additional codes and policies are in place you will provide me with the relevant information and copies for your course requirement. Where detailed course and placement reports are required the cost will be met by you outside of normal supervision fees.