

The Therapy Rooms

What is supervision?

Supervision is a formal arrangement between a therapist and their supervisor to discuss their work. A trusting, respectful relationship is at the core of effective supervision.

The purpose of supervision is:

- To assist in the development of the therapist's practice.
- To support the therapist.
- To assist in the self-development and professional development of the therapist.
- To monitor/safeguard the interests of the client.
- To maintain the ethical standards of the therapist, as set out in the ethical framework.

Therapist and supervisor work together in a two-way process. They may work together on:

- The client's process
- Theoretical approach
- Ethical considerations
- Setting boundaries
- Managing risk
- The suitability of the therapist working with a particular client at this time
- Organisational issues

The goal of supervision is to enable the therapist to be more aware, informed, skilled and feels encouraged.

Who offers supervision?

Sue Crossland

Tony Free

Les Clarke (CBT)

Ali Murphy