

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)