

## Accredited Supervision for Therapists

*And since you know you cannot see yourself,  
so well as by reflection, I, your glass,  
will modestly discover to yourself,  
that of yourself which you yet know not of.*  
Shakespeare: Julius Caesar (Act 1, Scene 2)

### Supervision for Therapists, including Hypnotherapy, Psychotherapy & Counselling - What is Supervision?

Supervision is where a counsellor or therapist uses the services of a trained supervisor, usually also an experienced therapist, to review their work with clients and their professional and personal development.

#### Who needs supervision

All hypnotherapists, counsellors and psychotherapists, regardless of experience, need supervision. Not only do most professional bodies in the UK require supervision, but it is also a way of protecting both clients and therapists, by greatly reducing the risk of unethical or inappropriate therapy, by helping supervisees reflect on their own feelings, thoughts, behaviour and approach with clients, and to identify areas where additional training may be required.

#### How much supervision do I need?

The frequency of supervision will vary, depending on the volume of clients seen, your experience, and current requirements. A

#### What sort of supervision is available?

Supervision may be in person: one-to-one supervision, or as part of a group: group supervision. It may also be done by e-mail by telephone, or a combination of all three.

#### What to bring to supervision

- Your thoughts, feelings and experiences, both during and following therapy.
- Your assessment and reflection of your role as a therapist
- Your strengths and weaknesses
- Your concerns about limitations

Hypnotherapy supervision is NOT a question and answer session, nor is it simply getting advice. Group supervision can be especially stimulating and can illuminate your own 'blind spots' by hearing other supervisees' views.

#### What does supervision cost?

Supervision is free for any students still in training. The costs thereafter is as follows:

Group Supervision            £30 per session, payable annually at £150 pa. This will enable students to attend 5 group supervision sessions, maximum of four supervisees, each session lasting 2 hours.

One to One Supervision      £45 per session, each session lasting 90 minutes. Supervisees requiring one-to-one supervision are required to pay for three sessions in advance, a total of £135.00. Times will be arranged between the supervisor and supervisee

Phone & e-mail supervision   Any supervisee requiring telephone/e-mail supervision up to a maximum of one call/e-mail per week may request this as an 'add-on' to the above at an additional £65 for one year. This service is normally in addition to either group or one-to-one supervision. If, due to personal circumstances, therapists require phone/e-mail supervision **only** they will be asked to pay £160 per annum.

#### Supervisor: Carole Wan

Carole has been an accredited supervisor (AccHypSup) with NCH since 2001. She is also an accredited supervisor with the NCP and tGHR. For details of supervision dates or for further information, please call me on 01246 416544 or e-mail on [acmhl@btconnect.com](mailto:acmhl@btconnect.com)