

Payments & Frequency

Newly Qualified

Most newly qualified therapists benefit from frequent supervision, often in small-group meetings. These are the people who feel they need the most guidance and yet may not be earning a substantial amount in the early months of practice. In order to make supervision as affordable as possible, the annual investment for therapists in their first two years of practice is just £90. This amounts to just over £1.70 per week! Your £90 annual fee covers you for *weekly e-mail or text contact – one per week, answered within 48 hours*. Short phone calls – at the supervisees' expense – can be arranged on occasions where e-mail contact is unavailable.

I also encourage all supervisees, particularly those in the first three years of practice, to attend regular group supervision.

Group Supervision

Anyone attending group supervision will be expected to have already invested £90 per annum as above. Group supervision is open to anyone who has previously registered as a supervisee with Carole. Each meeting lasts two hours and costs £30. This should be paid by bank transfer a minimum of 48 hours before supervision and receipts will be issued within seven days. The maximum number attending is normally four. If there a minimum of one or two attendees, the supervision will either be postponed or will be charged at £40 per person. Please register for forthcoming dates with Yvette (loweryyvette@gmail.com) and book your place at least TEN DAYS before each group supervision date – normally every six weeks. A charge of £30 will be levied for non-attendance or late cancellation (less than 48 hours). If I receive late cancellations, I will advise remaining attendees in order that we can jointly decide whether to re-schedule our meeting or go ahead.

Skype/Telephone Supervision

Many experienced therapists opt for this. It is now possible to mix and match both group and Skype supervision as follows:

For experienced therapists required Skype/telephone contact ONLY, an annual investment of £220 will cover one telephone /Skype consultation of 60 **minutes** per calendar month (at the supervisees expense)

For those therapists wishing to combine Skype or phone PLUS occasional group, a payment of just £25 per group meeting will be required in addition to the investment of £220.00 as above. See below for 1-1 supervision charges.

Mentoring/Coaching/1-1 supervision

Normally charged at £80 per 90 minutes Skype/phone/'live'.

Anyone wishing to combine both 1-1 and/or group supervision will simply pay £90 annual fee plus session charge of £30 (group) or £80 (1-1). Contact Carole for information on mentoring/coaching

Payments

Please make bank transfers to LifeSolutions (Carole Wan) – **Yorkshire Bank, 05-08-03 21799846** and add your name as a reference.

Contact me on

E: carolewan@icloud.com

T: 01246 416544

M: 07775 607900

Clinical Supervision

Carole Wan AccHypSup



About Carole

I have been an accredited supervisor since 2001 and a therapist since 1992. She is accredited with both the National Council for Hypnotherapy and the National Council of Psychotherapists.

I run a busy therapy practice specializing in anxiety disorders in both adults and children. She works in an eclectic and integrative way, often combining a number of therapeutic interventions. Further information is on my website:

www.lifesolutions.org.uk

I have previously worked as a counsellor and ante-natal teacher and am Director of The Academy of Clinical & Medical Hypnosis, offering externally-validated training in psychotherapy, hypnotherapy, stress management, NLP and coaching



How supervision works and choosing the best option for you

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 guideline is one hour's supervision, per 5 clients, per week. This means that new therapists may find group supervision sufficient.

What else?

Carole also offers mentoring and practice management as a continual process or as a pre-paid block of three sessions, either face-to-face or Skype.

How it Works:

If we decide to work together we can agree a regular day and time for 1-1 consultations, whether phone, Skype or face-to-face. These will normally be daytime only. You will sign a contract with me for a minimum of ONE YEAR, unless extenuating circumstances prevail.

I will monitor your therapeutic work to ensure that you are working in the best interests of your clients. I keep brief notes on supervision. You may wish to keep more detailed notes for your own records. Supervisees take responsibility for bringing matters to supervision that concern them, for working ethically and for being willing to learn and develop their skills. Everything that we discuss is confidential. My notes are kept under lock and key and in accordance with the Data Protection Act.

Cancellations: I make a commitment to be available for supervision sessions. Please provide at least one week's notice of any intended absences.

Your Commitments: It is your responsibility to forward payments in a timely manner. If you do not wish to renew our supervision contract, please provide one month's notice. You will give a minimum of one week's notice for any cancellations.

My Commitments: I will confirm any pre-booked absences when asked. I will, on occasion, request that we continue our supervision arrangement by skype/text/e-mail only if I am out of the country. Once my group supervision quota is full, I will add any supervisees to a waiting list.