

SUPERVISION REQUIREMENTS & CONTRACT

COSRT.ORG.UK INFO@COSRT.ORG.UK TWITTER: @COSRTNEWS

Definition of supervision

Supervision is defined as a contractual working alliance between the Supervisor and the Member, during which they can offer an account or recording of their work with service users, reflect on it, receive feedback and, where appropriate, guidance. The five main objectives of the supervisory alliance are:

- To provide the best possible service for service users.
- To enable the Member to gain and maintain ethical competence, knowledge, skills, confidence, and creativity.
- To monitor good practice to the benefit of service user and Member.
- If in 'training supervision' other elements may be included as part of the course requirement.
- To monitor that the Member is working within the limits of their competence.

Key Requirements

Members of the either of the COSRT Registers must have at least 1.5 hours supervision per month - supervision should cover your supervision activities.

A ratio of at least 1:6 is required for supervised practice placements within training.
within the limits of their competence.

Individual and group supervision

Members of the COSRT Registers must have at least one hour of one-to-one supervision per month within the 1.5 requirement.

At least 75% of monthly supervision within training must be one-to-one. Group supervision can complement one-to-one supervision, however:

If the group has four or less members, the total session time can be counted towards the Member's supervision total.

If the group has more than four members, the amount of supervision time for the Member is arrived at by dividing the total session time by the number of participants. For example, six members in a 90-minute group would gain 15 minutes towards a supervision hour.

Contracts

A contract must be in place for supervision and made available to COSRT when requested. The contract must clearly establish the basis of the supervisory process together with the boundaries of clinical and ethical responsibility. This must be a written document signed by both the Supervisor and Member. The contract should include:

Time, duration, place, frequency of meetings and contact details.

Access to supervision outside agreed hours.

Clarification of clinical and ethical responsibilities including reference to the confidential nature of the work of supervision and the supervisory relationship.

Clarification of boundaries between supervision and other relationships, e.g., dual role, line management, personal therapy and friendships.

Agreement between Supervisor and Member about length of notice required in the event of termination of supervision contract.

Fees for supervision where relevant.

Cancellation notice required.

Agreement by the Supervisor and Member of responsibility for keeping records, protecting personal data, and collating hours.

The name of the Professional Executor.

An undertaking to sign yearly supervisor statement as required by COSRT, to inform COSRT of any fitness to practice issues.

The assessment and signing of return-to-work documentation in the event of a break in practice.

Modes of supervision

Supervision may take place:

- Between one co-therapy pair and one supervisor (shared supervision).
- For experienced therapists peer group supervision may be appropriate.
- In a group with a dedicated supervisor.
- Live, using a one-way screen or other recording technique (live supervision).

Supervision may be carried out:

- Face to face.
- Electronically.
- By telephone.

Where supervision is not in-person it is important that the supervisor and supervisee meet face to face to set up the agreement. Ideally, they should meet in-person from time to time, though it is understood that where members are working in remote areas this may be problematic and not possible.

Presentation of Case Material

Case material may be presented to the supervisor using:

- Verbal account.
- Written account.
- Audiotape.
- Videotape.
- Role play.
- One-way screen.

The Supervisor

COSRT requires that where possible, COSRT Members only use supervisors who are qualified and listed in the COSRT Registered or Accredited register of Supervisors. This is a public listing of supervisors who meet the standards required by COSRT at Registered and Accredited level. COSRT members who supervise other COSRT members are required to join the register at the level appropriate to their qualification.

The supervisor of trainees and those seeking COSRT Accreditation should be highly experienced and competent in sexual and relationship therapy and should be an Accredited Member of COSRT and a COSRT Accredited Supervisor. If they are not, a rationale will be requested, and they will be asked to evidence their fitness for this role at the discretion of the course Director or COSRT.

Where there is a dual relationship caution must be exercised in accordance with COSRT Code of Ethics and Practice. Supervision is not permitted between intimate partners, relatives, close friends, previous service users and business associates.

Confidentiality/Data Protection

Supervisors must maintain confidentiality in respect of the Member in line with the Code of Ethics and Practice. Supervisors and Members are responsible for ensuring that they comply with the COSRT GDPR privacy statement in managing any personal data made available during the supervision process. Regardless of the involvement of the Supervisor, the Member remains the data controller for their own service users.