

*Juliana Hopkins Supervision Agreement*  
*MBACP (Snr. Accred)*



*Our Task:*

BACP describes supervision as

Supervision is essential to how practitioners sustain good practice throughout their working life. Supervision provides practitioners with regular and ongoing opportunities to reflect in depth about all aspects of their practice in order to work as effectively, safely and ethically as possible. Supervision also sustains the personal resourcefulness required to undertake the work.

Supervision is widely accepted as having three main functions: supportive, formative and normative (Proctor, 2008), to help the practitioner to be the best they can be – in the service of the client's wellbeing. It can be characterised as:

- Supportive - So the therapist is 'supported' (or cared for) in their work, so that they in turn can care for their clients
- Formative - The aim of the formative function is to help supervisees learn from their experience and identify possible areas where further training is desirable
- The normative function helps the practitioner to work to a high professional standard. This may involve pointing out blind spots and help the supervisee to rectify these.

I see my task as providing you with a relationship in which:

- You are free to explore your practice and discover what you want to learn from it.
- You feel safe enough to talk about practice which you feel has not gone well as well as practice that feels to have been good.
- You can explore and experience your personal self, alongside the development of your professional self (and any tensions you may experience between the two).
- You experience my unconditional positive regard, empathy and congruence
- You feel supported to engage with ethical and legal tensions that arise in your work.

### *Confidentiality/Data protection*

I am registered with the Independent Commissioners Office (ICO) which holds me to keep my data to high standards of security. I will keep our relationship and the information you bring to supervision confidential, although ...

- I may want to involve others if I have very serious concerns about your practice
- I have supervision with another member of BACP and I may discuss our work together within this confidential relationship.
- I am happy to write supervision reports for third parties if I have your written permission

*If I am concerned about issues that arise in your practice I will:*

- Raise my concerns with you in the first instance
- Raise my concerns with your place of learning/employment/BACP only in the very unlikely event that we do not resolve the issue within our supervisory agreement.

*Duration/frequency of sessions:*

- I offer supervision within the ethics of BACP and would therefore aim for the required minimum of 1.5 hours monthly. I understand that you are responsible for accruing necessary supervision hours, and that you may meet some of this within other supervisory arrangements.
- Please feel free to contact me between sessions if you wish to discuss an emergency risk issue or any issue that feel is very difficult to wait to discuss. Email is often preferable as I check this often – sometimes more often than phone.

*Please do not hesitate to ask for a review whenever you wish. I will also suggest reviews when it seems that it will be helpful to our process and relationship.*

With regard to clinical responsibility, the BACP state :-

Trainee supervision will require the supervisor to collaborate with training and placement providers in order to ensure that the trainee's work with clients satisfies professional standards. The arrangements for collaboration will usually be agreed and discussed with the trainee in advance of working with clients.

When supervising qualified and/or experienced practitioners, the weight of responsibility for ensuring that the supervisee's work meets professional standards will primarily rest with the supervisee.

*Fees:*

£70 hourly rate, £90 rate for 1.5 hours.

For relationship counselling I charge **£80 per session** and due to the nature of the work the sessions work better if they are 70 minutes.

I offer all first counselling sessions at half price.

Supervisor:

Signature:

Supervisee:

Signature: