



TC-L4 SUPERVISION POLICY

As a student member of the BACP or NCPS, you will need to have a minimum of 1.5 hours per month regardless of the no. of clients you have. So even if you only have 1 client you must meet this requirement.

However, once you start reaching 8 client hours per month (2 clients per week) you must ensure you are having at least 1 hour of supervision per 8 client hours.

So, if you have 4 client (16 hours per month) you would need 2 hours per month of supervision.

As a student you must have supervision fortnightly. This means that the 1.5 hr requirement can be split (so 45mins for example every fortnight). The rationale is, as a new counsellor, you are not "holding" concerns or process for a calendar month and you are receiving regular support and supervisory engagement.

The key thing to note is that often placement setting will offer group supervision, this is great for development BUT the numbers present must be taken into consideration.

BACP say that in groups up to 4 people (excluding supervisor) the time can be split in half - so if you attended a 1.5 hr supervision group with 4 people you could count 45mins towards your supervision requirement for that month. Therefore, you would still need an addition 45 minutes for that month.

You cannot count college supervision - this is developmental only. There are too many dual relationships etc for this to be counted towards your clinical supervision hours BUT it is a CPCAB course requirement.



FAQ's:

As I am not yet in placement will I be able to start with one hour?

Yes, but you would need to increase to 1.5 hours as soon as you start with clients, even if only 1 client. You may wish to meet with your supervisor before you start client work and these meetings can be as long as you like. We ALWAYS encourage you to start and develop your supervisory relationship before you start client work. This will likely mean the supervision space is more accessible once you start your placement work.

If I have to do supervision every two weeks, could I do 45 mins each time?

Yes, but if group supervision bear in mind numbers (see above)

If I were to share supervision with another trainee how many hours will the two of us need?

This would depend on your client load (e.g. 8 client hours or more) but would be counted as group supervision. 2 of you mean you could split the time in half - so 1.5hrs for would count as 45 mins each

What happens if there are more than 4 people in my supervision group (excluding supervisor)?

You would then need to divide the time by the number of attendees. E.g. if there are 6 supervisees in a 1.5hr session, you can count 15 mins ($90 \text{ mins} / 6 = 15 \text{ mins}$), if there are 5 attendees in a 1.5 hr session, you can count 18 mins ($90 \text{ mins} / 5 = 18 \text{ mins}$).

The link to the BACP supervision guidance page is here: [**BACP Supervision guidance**](#)