

Supervision Record

Name		Covering period	January 2019 - January 2020	Membership number	xxxxxxx
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Please do not include personal, confidential or identifiable material in your records, unless this information is requested for audit purposes.

Date of session	Duration of session	Format of session <i>(Group, one-to-one etc. Please give number of participants in group or peer supervision)</i>	Nature of delivery <i>(Face-to-face, phone etc.)</i>	Work context of supervision <i>(Private practice work, school based counselling work, agency work etc.)</i>
1. 08/01/2019	90 NB I am an accredited counsellor so must continue to meet the requirements for accredited status	One to one	Face to face	<ul style="list-style-type: none"> ▪ Private practice ▪ I also counsel students on a 2 year counselling course, who have to have mandatory personal therapy
2. 6/02/2019	90	One to one	Face to face	As above

Please add additional rows if necessary to record all supervision sessions

3. 3/03/2019	90	One to one	Face to face	As above
4. 12/04/2019	90	One to one	Face to face	As above
5. 15/05/2019	90	One to one	Face to face	As above
6. 17/06/2019	90	One to one	Face to face	As above
7. 16/07/2019	120 mins (usual supervisor on leave)	Group supervision - 4 participants and the supervisor	Face to face	Working with students, common issues that group members face. Reflected on areas for further development.
8. 20/8/2019	90	One to one	Face to face	As above

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9. 23/9/2019	90	One to one	Face to face	As above
10. 20/10/2019	90	One to one	Face to face	As above
11. 18/11/2019	90	One to one	Face to face	As above
12. 19/12/2019	90	One to one	Face to face	As above
13: 24/01/19 22/03/2019 20/05/2019 24/07/2019 31/09/2019 29/11/2019	Every other month for 90 minutes	Peer supervision (with one other colleague who has done a lot of EAP work and is currently doing a supervision course)	Will usually be face to face but following surgery in October this was carried out via skype	New contract as affiliate counsellor with Employee Assistance Programme

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Please give three examples of how supervision has had an impact on your practice

1. Setting: Mandatory therapy for students on counselling course

We often talk about contracts when I'm having supervision for my work with the counselling students (mandatory therapy). I have to write a report on them each year (this is explained to them at the start of therapy), and this forms part of their assessment. The contracts with the course and with the students also refer to my role in assessing their readiness to graduate. This year, for the first time, the course wanted to pass someone that I thought was unsuitable at present. It was a terrible dilemma, and I felt a great responsibility to the public and the profession as well as responsibility to the student.

In my own supervision, I talked endlessly about this dilemma. After a lot of discussion with the course leader, in which I had to be very careful about the confidentiality of the therapy, the student was asked to do an extra piece of work. I did not think that this was at all satisfactory. It has made the therapy very rocky. I have asked for a meeting with the course coordinator to discuss new contractual terms before the next intake.

2 Setting Private Practice

I was very sad when a long term client told me that she had a cancer diagnosis. She says she wants me to carry on with her as long as possible. In supervision we thought about what this might entail, and what extra support I might need. My supervisor recommended a book, which I have ordered.

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1. Setting EAP short contract

I find it very hard to think about one client. He disturbs me in a way that I can't put my finger on, or put into words. I am not frightened of him, but I can't get him out of my head. In supervision I was helped to put all this into words and slowly, together we made some sense of it and I thought that it might be a really powerful communication from him that there was something he couldn't tell me in any other way. This is what it turned out to be. I cannot write the details here. It was a really good example of a countertransference communication, and I couldn't have made sense of it without my supervisor. It took a really long time to work through this with the client and I took him to supervision frequently.

SAMPLE