



COSCA (Counselling & Psychotherapy in Scotland)
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COUNSELLOR SUPERVISION

The COSCA requirements for supervision of counselling practice varies depending on the level of training and experience.

Please see below for the range of requirements:

➤ **Diploma Students:**

Practice supervision will be carried out to provide continual evaluation and monitoring of all client case work and the ratio of supervision hours : client contact hours will be 1:6.

➤ **Counsellors/Psychotherapists**

It is recommended that the proportion of time spent on counselling supervision to that spent on client-work should be 1:12.

➤ **Experienced Accredited Counsellor/Psychotherapist member:**

For counsellors who have been practising for more than 5 years post accreditation it is recommended that supervision is not less than 1 hour per month and is appropriate to the volume and nature of client work.

➤ **Group Supervision**

If group supervision is to be considered as part of the period of supervision, groups should be no larger than permits an allowance of 20 – 30 minutes per group member in the supervision session. The focus of the work must be on client related issues, and the group led by a substantially experienced practitioner: 'peer-led' groups are not acceptable.

Example:

A counsellor/psychotherapist is a member of a supervision group of 4 supervisees, meeting for 2 hours every month. This provides ½ client supervision hour per month for the counsellor. The counsellor is also having fortnightly individual supervision sessions of 1 hour, providing her with a further 2 hours per month. She thus received 2½ supervision hours in total per month. She has arranged this amount of supervision because she works 8 hours per week, seeing between 6 – 8 clients per week. This works out at an average ratio of approximately 1:12 over the year.