

COUNSELLING SUPERVISION RECOMMENDATIONS AND REQUIREMENTS

The COSCA Statement of Ethics and Code of Practice (see paragraph 8.1) recommends 'that the proportion of time spent on counselling supervision to that spent on client-work should be at least 1:12 or at least 1.5 hours in any calendar month for over 18 hours per month.

Client-work supervision is commonly referred to as 'Counselling Supervision' when it applies to the situation of practitioners counselling clients. It is recommended that the proportion of time spent on counselling supervision to that spent on client work should be 1:12.

For members delivering over 18 counselling hours per month, this can be capped at 1.5 hours in any calendar month.

For example, a counsellor delivering 12 counselling sessions per month would require 1 hour of supervision, rather than 1.5 hours. Above 18 hours they have the option to cap this at 1.5 hours per month.

The above levels are the recommended minimum level of counselling supervision and are not maximum levels. Depending on their assessment of the volume and nature of the client work, counsellors would be expected to increase these levels.

Newly qualified counsellors require extra support, and this includes supervision. Newly qualified counsellors should seriously consider increasing their monthly supervision for at least one year after qualification. This can include supervision groups facilitated by an experienced supervisor in addition to the 1:12 ratio or 1.5 hours per month in any calendar month for over 18 hours per month.

➤ Diploma Students on COSCA Validated Courses:

- The required ratio of counselling supervision hours to client contact hours is 1:6.

➤ Counsellor Member (Organisations):

- The required ratio of counselling supervision hours to client contact hours is at least 1:12 or at least 1.5 hours in any calendar month for over 18 hours per month.

➤ **Counsellor Member:**

- The required ratio of counselling supervision hours to client contact hours is at least 1:12 or at least 1.5 hours in any calendar month for over 18 hours per month.

➤ **Practitioner Member:**

- The required ratio of counselling supervision hours to client contact hours is at least 1:12 or at least 1.5 hours in any calendar month for over 18 hours per month.

➤ **Accredited Counsellor/Psychotherapist member:**

- Counselling Supervision: 0-5 Years Post Accreditation
- The required ratio of counselling supervision hours to client contact hours is at least 1:12 or at least 1.5 hours in any calendar month for over 18 hours per month.

➤ **Accredited Counsellor/Psychotherapist:**

- **Counselling Supervision: 5 Years Post Accreditation**

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 that it 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. Please note that the hours spent in 'peer-led' groups are not acceptable as evidence of counselling supervision.

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.