

SUPERVISION REQUIREMENTS

COSRT MEMBER POLICY

Contents

REQUIREMENTS.....	2
GROUP SUPERVISION	2
CONTRACT	2
MODES OF SUPERVISION.....	3
PRESENTATION OF CASE MATERIAL	4
THE SUPERVISOR	4

REQUIREMENTS

Members of the either of the COSRT registers must have at least 1.5 hours supervision per month. At least one hour of this must be one-to-one supervision.

A ratio of at least 1:6 is needed for supervised practice placements within training. At least 60% of this must be one-to-one supervision.

GROUP SUPERVISION

Group supervision can complement one-to-one supervision.

- If the group has four or less members, the total session time can be counted towards the Member's supervision total.
- If the group has more than four members, the amount of supervision time for the Member is arrived at by dividing the total session time by the number of participants. For example, six members in a 90-minute group would gain 15 minutes towards a supervision hour.

CONTRACT

A contract must be in place for supervision and be made available to COSRT when requested. The contract must clearly establish the basis of the supervisory process together with the boundaries of clinical and ethical responsibility. This must be a written document signed by both the Supervisor and Member.

It is advised that the contract includes:

- Time, duration, place, frequency of meetings and contact details.
- Access to supervision outside agreed hours.
- Clarification of clinical and ethical responsibilities including reference to the confidential nature of the work of supervision and the supervisory relationship.
- Clarification of boundaries between supervision and other relationships.

- Agreement between Supervisor and Member about length of notice required in the event of termination of supervision contract.
- Fees for supervision where relevant.
- Cancellation notice required.
- Agreement by the Supervisor and Member of responsibility for keeping records, protecting personal data and collating hours.
- The name of the Professional Executor.
- An undertaking to sign yearly supervisor statement as required by COSRT, to inform COSRT of any fitness to practice issues.
- The assessment and signing of return-to-work documentation in the event of a break in practice.
- Provision of a supervisory report in the event of any conduct procedure involving the supervisee.

MODES OF SUPERVISION

Supervision may take place:

- Between one co-therapy pair and one supervisor (shared supervision).
- For experienced therapists peer group supervision may be appropriate.
- In a group with a dedicated supervisor.

Supervision may be carried out:

- Face to face.
- Electronically.
- By telephone.

Where supervision is not in-person it is important that the supervisor and supervisee meet face to face to set up the agreement. Ideally, they should meet in-person from time to time, though it is understood that where Members are working in remote areas this may be problematic and not possible.

PRESENTATION OF CASE MATERIAL

Case material may be presented to the supervisor using:

- Verbal account.
- Written account.
- Audiotape.
- Videotape.
- Role play.
- One-way screen

THE SUPERVISOR

COSRT asks that COSRT Members only use supervisors who are qualified and listed in the COSRT Registered or Accredited register of Supervisors. This is a public listing of specialist supervisors who meet the standards required by COSRT at Registered and Accredited level.

COSRT Members who supervise other COSRT Members are required to join the register at the level appropriate to their qualification.

If it is not possible to use a COSRT Registered Supervisor, a Member can provide a written explanation to COSRT on demand.



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