

College for Child and Adolescent Psychotherapies (CCAP) Supervision document

1. Introduction

This document lays down the supervision policy and requirements of UKCP Child Psychotherapists and Child Psychotherapeutic Counsellors and must be read in conjunction with the UKCP Supervision Statement (2018), the UKCP Practice Guidelines for Supervisors (2018) and the UKCP Supervisor Standards of Education and Training (2018). Whereas the above documents detail requirements in respect of the supervision of adult clients, this document details these requirements in respect of supervision for trainees and practitioners who work with clients under the age of 18. This document must also be read in conjunction with the CCAP Policy and Procedure for Reaccreditation of UKCP Members on the Child Register (2022).

2. Supervision Statement

2.1 Pressures and Issues specific to Psychotherapy and Psychotherapeutic Counselling with children

Supervision of Child Psychotherapists and Child Psychotherapeutic Counsellors necessitates an awareness of and sensitivity to the pressures and issues of working with children and young people. These pressures can include:

- 2.1.1. Pressure to change the child to meet the norms of society, culture, or organisations;
- 2.1.2. The impact of the child's lack of autonomy in managing the circumstances of their therapeutic process such as referral, fees, timing, termination, autonomy and confidentiality;
- 2.1.3. The impact of children's distress and trauma on the practitioner;
- 2.1.4. A sense of powerlessness resulting from a societal systemic failure to provide adequate care, protection and psychotherapeutic support for vulnerable children.

Additional Clinical Issues can include:

- 2.1.5. Complex legal and ethical issues including confidentiality and record keeping in the context of safeguarding concerns, and dealing with the emotional pressures and additional workload when there is a child protection referral;
- 2.1.6. Therapeutic decision making which balances the child's right to self-determination with the complementary right to care and protection as well as parental/caregivers' rights;
- 2.1.7. The need for flexibility and sensitivity to potential conflicts of interests while working therapeutically in non-therapy settings (for e.g. schools) and managing referrals to staff who may be required to

hold multiple roles and responsibilities;

- 2.1.8. Consulting with parents or caregivers and negotiating contracts with all parties concerned;
- 2.1.9. Dealing with the complexities of third party referrals and the different goals the parties may hold for the therapeutic work;
- 2.1.10. The referral of children who may require specialist assessment, and/or onward referral where it is beyond the competence or remit of the Child Psychotherapist/Child Psychotherapeutic Counsellor;
- 2.1.11. The need to be responsive, creative and innovative to meet the child or young person therapeutically through the use of varied therapeutic interventions that support them to express themselves;
- 2.1.12. The need to challenge discriminatory practice or potential discriminatory practice and to be able to discriminate when the Child Psychotherapist/Child Psychotherapeutic Counsellor needs help and guidance on this.

2.2 Requirements for Students and Trainees on Child Psychotherapy and Psychotherapeutic Counselling Courses

Supervision is a key component of training in Child Psychotherapy and Child Psychotherapeutic Counselling, and training Organisational Members (OMs) need to articulate the qualification and experience requirements of Training Supervisors, the process whereby they are recruited or approved and the mechanisms whereby the supervision process is monitored for the duration of training. The relationship and responsibilities of Training Supervisors and other members of the training team must be clearly defined via clear placement and supervision agreements. Training Supervisors will normally be listed on the UKCP supervision directory or equivalent.

Supervision requirements are based on a combination of client number and minimum frequency, with the higher ratio / frequency applying as follows:

<i>Level of experience</i>	<i>Ratio supervision hours: no. clients</i>	<i>Minimum frequency</i>
Trainees - first 100 hrs of clinical practice placement	1 hour : 4 client hours	1 hour / 2 weeks
Trainees - subsequent 350 hrs of clinical practice placement	1 hour : 6 client hours	1 hours / 2 weeks

Where supervision is delivered in a group format, this must be on a pro-rata basis in accordance with the ratios above. It is the responsibility for each Organisational Member to define pro-rata and communicate this to their students and trainees.

2.3 Requirements for qualified Child Psychotherapists and Child Psychotherapeutic Counsellors

UKCP registered Child Psychotherapists and Child Psychotherapeutic Counsellors are responsible for ensuring that the supervision they receive for their caseload is with an appropriately skilled and experienced supervisor, and appropriate for their level of experience, normally as follows:

<i>Level of experience</i>	<i>Ratio supervision hours: no. clients</i>	<i>Minimum frequency</i>
First 5 years as a registrant	1 hour : 10 client hours	2 hours / month
Experienced practitioner Inc some peer supervision		20 hours / year

Where supervision is in a group format, this must be on a pro-rata basis in accordance with the ratios above. It is the responsibility for each Organisational Member to define pro-rata and communicate this to their graduates, pre-registrants and qualified Child Psychotherapists and Child Psychotherapeutic Counsellors.

Peer supervision is not accepted for the first 5 years following registration. After this time for experienced practitioners some peer supervision is acceptable so long as it is supported by ongoing regular supervision with a recognised supervisor.

Child Psychotherapists and Child Psychotherapeutic Counsellors must keep clear and systematic records of their supervision attendance.

2.4 Requirements for Organisational Members for the development of policies and procedures for Child Supervision

Organisational Members who wish to implement their own Supervision Policies are able to do so in accordance with CCAP Supervision Document.

Organisational Members must specify the procedures whereby they require supervisees to demonstrate their compliance with OM and College supervision requirements.

2.5 Supervision Directory

The College will propose for inclusion on the UKCP Supervision Directory UKCP Child Psychotherapists and Child Psychotherapeutic Counsellors who also hold a qualification in supervision which meets the UKCP Supervisor Standards of Education and Training (2018), or who meet these standards via an Accredited Prior (Experiential) Learning AP(E)L/Recognised Prior Learning (RPL) process.

2.6 Who can supervise?

In addition to experienced UKCP Child Psychotherapists and Child Psychotherapeutic Counsellors who meet the criteria for entry onto the UKCP supervision directory, experienced child therapists registered elsewhere may at times provide useful supervisory input. The College and OMs of the College can hold their own lists of approved supervisors who are not on the UKCP directory.

Where experienced non-UKCP registered psychotherapists or counsellors provide supervision to UKCP Child Psychotherapists or Child Psychotherapeutic Counsellors, these supervisors must work in accordance with

the UKCP Practice Guidelines for Supervisors of Child Psychotherapists and Psychotherapeutic Counsellors detailed below and the UKCP Practice Guidelines for Supervisors (2018). Additionally, they need to be aware of the level of competence and career stage of the supervisee, and the UKCP SETs governing their supervision and training. As specified by the UKCP Supervision (2018) Statement, point 4.1, it is the responsibility of the Supervisee “that the supervision they have meets the Practice Guidelines for Supervisors, their College requirements and if applicable, those of their Organisational Member”.

The following non UKCP registrant supervisors may, at times, provide useful supervision support to UKCP registrants and trainees:

- Association of Child Psychotherapists
- Arts psychotherapists
- Play Therapists
- Child Specialist BACP Senior Accredited Counsellors

A substantiated statement detailing the rationale for working with a non-UKCP registrant supervisor must be provided on practitioner registration monitoring and reaccreditation documentation.

3. CCAP Practice Guidelines for Supervisors of Child Psychotherapists and Child Psychotherapeutic Counsellors

*(Please Note: The numbering below refers to the **specific** clauses within the UKCP Practice Guidelines for Supervisors (2018) and how they need to be amended for supervision of Child Psychotherapists and Child Psychotherapists)*

The UKCP Practice Guidelines for Supervisors (2018) applies equally to the supervision of Child Psychotherapists and Child Psychotherapeutic Counsellors, with the following amendments and additions:

1. Introduction

1.1. This document is a framework of guidance for the supervision of Psychotherapists, Psychotherapeutic Counsellors and Trainees working with children and young people. For the purpose of this and all UKCP documents the term ‘child’ is understood to refer to anyone under the age of 18 years.

1.9. Supervisors of UKCP trainee Child Psychotherapists and Child Psychotherapeutic Counsellors must be familiar with the Supervision, Education and Training requirements of their supervisees. All supervisors must also be familiar with the specific requirements set out by Colleges and OMs in respect of the supervision of Child Psychotherapists and Child Psychotherapeutic Counsellors. It is the responsibility of the OM to ensure the supervisors they are approving are suitable to supervise trainees.

2. The Nature of Supervision

2.6 In light of the complexities of psychotherapeutic practice with children and young people it is mandatory that supervision is commensurate with the level of experience in this field of work

4. Tasks of Supervision

4.8 Ensuring a clear understanding of safeguarding procedures for children, young people and adults. Ensuring a clear framework for risk assessment and risk management including that relating to lone working as described in the UKCP Safeguarding Guidelines’.

5. Professional Obligations

5.3 Supervisors have a duty to work with their supervisee to determine an appropriate level of supervision within the minimum guidelines described below, with reference to the context in which the work takes place, and to the specific skills and competencies of the supervisee. Additional supervision may be required if the supervisee is involved in any statutory duties, or legal proceedings.

5.7 Supervisors must be aware of the extent of their clinical responsibility in relation to the agency in which the supervisee is working, and to support her/him to work alongside other professionals within a multi-agency context

5.11 Additionally, with specific reference to working with children and young people, supervisees must be able to demonstrate to the supervisor that they have actively considered the following:

5.11.1 That a risk management policy is in place and that risk assessments are carried out as required

5.11.2 The suitability of their practice environment and the facilities provided for children and young people

5.11.4 They have a thorough understanding of safeguarding procedures as applied by their employing organisation and their local safeguarding partners. This will include maintaining up-to-date training in safeguarding and child protection procedures.

5.11.6 Challenges specific to child psychotherapy are set out as Key Principles in the UKCP SETs Minimum Core Criteria, Child Psychotherapy (2019)

6. The Supervisors Responsibilities to the Self

6.2 Appropriate continuing professional development to keep up to date with development in the field of supervision, as well as specific developments in child psychotherapy.

4. UKCP Child Supervision Standards of Education and Training

This section must be read in addition to the UKCP Supervision Standards of Education and Training (2018) (Adults).

2. Course Requirements – UKCP Child Supervision SETs

2.2 All training courses must:

- Be conducted in accordance with the CCAP Practice Guidelines for Supervisors of Child Psychotherapists and Child Psychotherapeutic Counsellors (see Section 3 above).

2.3 Entry Requirements to Training:

- UKCP Child Psychotherapist or Child Psychotherapeutic Counsellor of good standing

Approved December 2020
Updated July 2022