

College for Children and Young People

Supervision document

Introduction

This supervision document describes the practice and training standards for UKCP Child Therapeutic Practice and must be read in conjunction with 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 age 18 and younger.

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Supervision Statement

Pressures and Issues particular to Psychotherapy and Psychotherapeutic Counselling with children

Supervision of Child Practitioners necessitates an awareness of and sensitivity to the pressures and issues unique to psychotherapy and psychotherapeutic counselling with children. These pressures can include:

- Pressure to change the child to meet the norms of society, culture, or organisations.
- 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.
- The impact of children's distress and trauma on the practitioner
- 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:

- 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.
- 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
- 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.
- Consulting with parents or caregivers and negotiating contracts with all parties concerned.
- Dealing with the complexities of third party referrals and the problems that can be generated when the child may be referred for therapy as part of someone else's agenda.
- The referral of children who may be exhibiting symptoms of undiagnosed mental ill-health or developmental deficits that require specialist assessment, and or onward referral where it is felt beyond the competence or remit of the practitioner.
- The need to be responsive, creative and innovative to meet the child therapeutically through the use of varied therapeutic tools that allow the child to express themselves.
- The need to challenge discriminatory practice or potential discriminatory practice and to be able to discriminate when the practitioner needs help and guidance on this.

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

Supervision is a key component of training in Child Psychotherapy and Psychotherapeutic Counselling, and training 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 (i.e. groups size / time)

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:

Level of experience	Ratio supervision hours: no. clients	Minimum frequency
First 3 years as a registrant	1 hour : 10 client hours	2 hours / month
Experienced practitioner		20 hours / year

Where supervision is in a group format, this must be on a pro-rata basis in accordance with the ratios above (i.e. groups size / time)

Practitioners must keep clear and systematic records of their supervision attendance.

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 CCYP/College Supervision Statements.

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

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 AP(E)L process.

Who can supervise?

In addition to experienced UKCP Child Psychotherapists and 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 Psychotherapeutic Counsellors, these supervisors must work in accordance with the UKCP Practice Guidelines for Supervisors of Child Practitioners 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, the Supervisee is responsible to ensure that they meet the Practice Guidelines for Supervisors and all UKCP, College and OM College and Training requirements.

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.

UKCP Practice Guidelines for Supervisors of Child Practitioners

The UKCP Practice Guidelines for Supervisors (2018) applies equally to the supervision of Child Therapeutic Practitioners, 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 Child Trainee Practitioners 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 Practitioners.

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. Ref: 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 particular 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 particular 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 by their local Child Safeguarding Board. 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 C-CAP 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

UKCP Child Supervision Standards of Education and Training

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

2. **Course Requirements – UKCP Child Supervision SETs**

2.2 All training courses must:

- Be conducted in accordance with the CCYP Practice Guidelines for Supervisors of Child Practitioners

2.3 Entry Requirements to Training:

- UKCP Child Psychotherapist or Child Psychotherapeutic Counsellor of good standing

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