

Council for Psychoanalysis & Jungian Analysis (CPJA)

Supervision Statement (2019)

NB: this document should be read in conjunction with:

- UKCP Supervision Statement
- UKCP Supervision Standards of Education and Training
- UKCP Practice Guidelines for Supervisors

1. The UKCP Supervision Directory

1.1 The CPJA respects the right of individual Organizational Members and practitioners to determine who is appropriate to act as a clinical supervisor. The CPJA recognizes that formal training can be important in the development of a clinical supervisor but does not replace clinical experience and judgement. Organizational Members and Individual Members can choose supervisors who are not entered on the Supervision Directory.

1.2 Those who have undertaken a course that the CPJA has agreed meets the UKCP Generic Standards of Education and Training for Supervision, and meet the membership requirements, can be put forward by their OM for inclusion on the Supervision Directory.

1.3 For a range of reasons, such as availability of training, disability, geographical location and finance, it may not always be possible for psychotherapists to undertake formal trainings in supervision. Alternatively, a registered psychotherapist may have undertaken a course in supervision under the auspices of a different training or Organisational Member. Cumulative training, resulting in individual evaluation by the OM, will therefore be an alternative route on to the supervision register. This should include the following components:

- i) At least five years' experience working psychoanalytically with patients, including three years as a UKCP Registered Psychotherapist.
- ii) Having experience of supervising involving no less than 90 hours contact time.
- iii) Supervision of supervisory practice, comprising either 15 hours of one-to-one supervision or 45 hours in a group (although trainings in supervision for group psychotherapy might appropriately require all their supervision to be undertaken in groups).
- iv) Evidence of the study of the range of psychoanalytic theories of supervision
- v) Submission of a supervisor's report stating that their supervisory work is of a satisfactory standard and that indicates that they have achieved the Recommended Learning Outcomes expected of formal trainings in psychoanalytic supervision.
- vi) Self-assessment, including a brief written report (no more than 2 sides of A4, typed) regarding their model of supervision and reflection practice and framework, including their style, approach and understanding of supervision

Where Organisational Members put forward practitioners for registration by this route, their practice must

be evaluated and approved during the Organisational Member Review process.

2. Supervision of Trainees

- 2.1. The requirements for the supervision of trainees can be found in the CPJA Standards of Education and Training (2018) Section 4.5.

3. Supervision of Registered Members of CPJA

- 3.1. For the first three years post registration a supervisory relationship must be in place with a supervisor who is equipped to meet the supervision needs of their practise. It is the joint responsibility of the supervisor and supervisee to determine the appropriate frequency and duration of supervision sessions and the justification of these factors will form part of the registrant's renewal of membership with their organizational member (if they belong to one) or with the College (if they are a direct registrant) at their five yearly re-accreditation.
- 3.2. After the first three years of post-qualification practice a member is viewed as being able to determine their own supervisory needs including using the resources of peer supervision or group supervision. The member remains responsible for assessing the adequacy of their supervision arrangements for the needs of their practice and their own professional and personal development. We believe that shared reflection on clinical experience enhances growth and development of the practitioner and makes for better clinical work.
- 3.3. Registrants must keep records of their supervision that are adequate for the requirements of re-accreditation, any requirements of their Organizational Member (if they have one) and to produce in the case of a complaint against them.