

Unit Title: **Counselling: Effective Use of Supervision**



Please note that this unit is expiring from any new learner registrations on 31/12/2019. Please contact AIM Awards for information on replacement qualifications on 01332 341822.

Unit Level:	Four
Unit Guided Learning Hours:	60
Ofqual Unit Reference Number:	H/506/3076
Unit End Date:	31/12/2019
Unit Sector:	1.3 Health and Social Care

Unit Summary

This unit will provide learners with knowledge and understanding of the need for and value of supervision in developing and maintaining a safe, responsible and reflective practice. This unit will enable the learner to develop theoretical understanding of supervision, consider the nature of the supervisory relationship and consider the role of supervision in counselling practice.

Unit Information

It is expected that before the unit is delivered, the tutor will have read the Qualification Specification to ensure all conditions regarding Rules of Combination, delivery, assessment and internal quality assurance are fulfilled. Additional guidance is available below as Assessment Guidance for Learning Outcomes and Assessment Criteria in **bold**.

This unit has 5 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the nature of supervision	1.1. Critically compare the key components of models of supervision 1.2. Summarise the key tasks of the supervisor and the supervisee 1.3. Demonstrate awareness of the need to ground personal supervision within a theoretical framework
2. Know about case material for supervision	2.1. Judge material appropriate for supervision 2.2. Demonstrate skills to present material at supervision
3. Be able to implement feedback from supervision to improve practice	3.1. Develop an action plan for counselling practice arising from recent supervision sessions

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
4. Understand risk management in a counselling interaction	4.1. Assess potential key risks to the: (a) counsellor (b) client (c) supervisor
5. Know about an awareness of self in relation to others in the use of supervision	5.1. Identify ways in which self-awareness has developed in the use of supervision

Assessment

This unit is assessed by an internally set and assessed journal of up to 800 words per session.

Indicative Content

Learning Outcome 1

1.1 Models of supervision: to include theoretical frameworks of counselling supervision, forms, styles and models of counselling supervision, supervision and BACP/Professional Accreditation/Registration.

Learning Outcome 2

Supervision: purpose/key tasks of personal supervision, content of supervision, personal qualities and skills needed for effective supervision.

Learning Outcome 3

3.1 Supervision sessions: a minimum of three sessions. Group, peer and one-to-one Supervision.

Learning Outcome 4

4.1 Key risks: the effects of supervision on counselling processes, the effects of supervision on client–counsellor relationships, relationship issues between Supervisor–Supervisee.

Learning Outcome 5

5.1 Self-awareness: to include reflective practice.
Issues relating to self: formative, normative, restorative and perspective elements of Supervision. Analysing Supervision in practice.

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Evidence Requirements

Evidence of practical ability must be demonstrated.

Reading List

10-15 readily accessible texts (current editions), no journals.

Required Reading

Carroll, M., & Tholstrup, M. (Eds.). (2008). **Integrative approaches to Supervision**. London: Jessica Kingsley.

Davys, A., & Beddoe, L. (2010). **Best Practice in professional supervision: A guide for the helping professions**. London: Jessica Kingsley.

Hawkins, P., & Shohet, R. (2012). **Supervision in the Helping Professions** (4th Ed). New York: Open University Press.

Reid, H., & Westergaard, J. (2013). **Effective Supervision for counsellors: An introduction**. London: Sage.

Recommended Reading

Carroll, M., & Shaw, E. (2013). **Ethical maturity in the helping professions: Making difficult life and work decisions**. London: Jessica Kingsley.

Mitchels, B., & Bond, T. (2010). **Essential law for counsellors and psychotherapists (Legal resources counsellors & psychotherapists)**. London: Sage/ BACP.

Mitchels, B., & Bond, T. (2011). **Legal issues across counselling & psychotherapy settings: A guide for practice (Legal resources counsellors & psychotherapists)**. London: Sage / BACP.

Proctor, B. (2008). **Group Supervision: A guide to creative practice**. London: Sage.

Rønnestad, M. H., & Skovholt, T. M. (2013). **The developing practitioner: Growth and stagnation of therapists and counsellors**. Hove: Routledge.

Stedmon, J., & Dallos, R. (Eds.) (2009). **Reflective practice in psychotherapy and counselling**. Maidenhead: Open University Press.

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Stoltenberg, C. D., & McNeill, B. W. (2010). **Supervision: An Integrative developmental model for supervising counsellors and therapists** (3rd Ed). Hove: Routledge.

Wheeler, S., & King, D. (Eds.) (2001). **Supervising counsellors: Issues of responsibility**. London: Sage.

EXPIRING