



BOHEMIA COUNSELLING

Our place within the supervision structure.

From which ever section of the structure we come to this experience (supervisor/supervisee) with the P.C.T. approach the fundamental understanding of the relationship at the hub of the engagement would seem to overshadow every other aspect of supervision. This should not be seen as a method of devaluing any one aspect within the counselling/work that each of us undertake during our daily practice. This view would lead us at Bohemia Counselling to comment if you are working within the P.C.T. a similar background and practicing supervisor would indicated thus promoting the theory that a P.C.T. supervisor can work with other models of counselling, however P.C.T. supervisees who are training or developing would benefit from P.C.T. based supervisors. In any event when engaging in supervision both parties must fully understand what their role to be is, what should they expect of each other? This is why throughout the U.K it is understood a contract of content between the parties is made prior to the exchange taking place. What follows is our standard format contract for supervision, changes can be made in individual cases if necessary (at the request of supervisee).

Responsibility sharing by the supervisor.

- A) Offering time and space for the individual to address the practice issues in their own way.
- B) Work to mutually explore any feeling/fantasise within underlying practice with the aim of clarity for the mutual good.
- C) Sharing knowledge/information/skills/experiences in an appropriate manner with clear dual directional feedback.
- D) Highlighting the need to challenge unethical, unwise or incompetent practice.
- E) Exposing and working through any blind spots we may perceive with our groups or individuals.
- F) Taking up the need for the supervisor to understand the organisational, contacts and situation which each member brings to the exchange with the supervisor.

Responsibility for a supervisee

- A) having identified practice issues which I believe I need help with, making sure I ask for the time needed to undertake exploration and development through the issues to a mutually understood conclusion.
- B) Working within my own contracts and the implications they bring to me so that I am aware of how to communicate my needs to others to gain the type of response input most suited to me offering me a fuller understanding of both areas.
- C) Taking note of and seeking feed back so I might reflect on my engagement and input to the group or/supervisor.
- D) Being open to all feed back and developing my responses so I am able to discriminate between the useful and not so useful content therein.
- E) Understanding the need to develop the actions of defence, justification or explanations prior to the completion of listening to feed back.
- F) Offer Bohemia Counselling your time to undertake a voluntary placement for approximately 12 months

Prior to consenting to this contract you must understand it fully.

I wish to enter into this contact and understood my time commitment will be two hours every thirty days minimum.

Name:

Date: