

RCNI Best Practice Standard

Clinical Supervision Standard

While every care is taken to ensure that this standard accurately reflects current legal obligations, please note that it does not and cannot guarantee to any Centre, and/or any Centre staff member or volunteer, immunity from suit and/or legal liability in civil courts, criminal courts or other tribunal.

1. INTRODUCTION

Our Centre is committed to providing counselling to all survivors of sexual violence who choose to participate, including those who are under the age of 18. In order to provide the best possible counselling, it is necessary for counsellors to have clinical supervision in addition to line supervision. All recognised Irish counselling and therapy accrediting bodies require ongoing clinical supervision.

The purpose of this standard is to provide guidance in terms of the minimum clinical supervision requirements for both paid and volunteer counsellors/therapists and the relationship between the Rape Crisis Centre and the clinical supervisor. Every individual counsellor or therapist is responsible for ensuring adherence to the supervision requirements of their own accrediting body.

2. REQUIREMENTS

2.1 Clinical Supervisor Qualifications

- Clinical supervisor needs to have an empathy with and understanding of rape crisis work.
- Clinical supervisor need a minimum of 40 hours supervision training .
- Clinical supervisor needs to be accredited as a supervisor with IACP, BACP, IAHIP or PSI.

2.2 Relationship between Clinical Supervisor and the Centre

The Centre has a contract with a Clinical Supervisor that incorporates the following elements.

- If the clinical supervisor has any concerns about Centre practices that are impinging on counselling work, it is the responsibility of the clinical supervisor to communicate those concerns to the Centre Manager.
- If the clinical supervisor has concerns about a counsellor's practice that are not resolved during supervision, if the clinical supervisor is concerned that the counsellor is experiencing 'burn out', or if the clinical supervisor believes that a counsellor should not be seeing clients (1) for any reason and for any period of time, it is the responsibility of the clinical supervisor to ensure that the Centre Manager is informed.
- It is the responsibility of the Centre Manager to regularly speak with the clinical supervisor to ascertain if there are any issues that need to be addressed. All of the communications between the clinical supervisor and the Centre Manager occurs without discussion of individual client experiences.

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2.3 Clinical Supervision Costs

- The Centre is responsible for paying clinical supervision costs associated with all client contact hours with Centre clients.
- If a counsellor/therapist has additional client contact hours outside of the Rape Crisis Centre than the counsellor/therapist and the Centre will negotiate the portion of the total clinical supervision costs for which the Centre will pay.

2.3 Amount of Clinical Supervision

- After completion of training, for the first 450 hours of direct client contact, the minimum clinical supervision requirements for a counsellor/therapist are one hour supervision per 10 client contact hours.
 - 75% of that supervision needs to be one-on-one.
 - The remainder of the supervision can be group supervision. One-on-one supervision can be (a) sitting in on a session with a review afterwards, (b) viewing the session on video or through a mirror with a review afterwards, or (c) using case notes, verbatim notes or a tape recording.
- After the first 450 hours of direct client contact, the minimum clinical supervision requirements are 1 hour per 15-20 hours of direct client contact or a minimum of once per month.
 - Supervision can be one-on-one, group or peer if both counsellor/therapists involved in the peer supervision have a minimum of 5 years experience. (2)
- It is recognised that there are times when a counsellor/therapist may require additional clinical supervision. This must be discussed with and authorised by the Centre Manager.

Signed _____ Date _____ Review Date _____

1. For the purposes of this standard a client is any survivor or supporter participating in face-to-face counselling or therapy at the Rape Crisis Centre.

2. These are IACP (Irish Association of Counselling and Psychotherapy) guidelines which became effective May 2007 and are current as of January 2010.