

PERSONAL SUPERVISION AND CLIENT SUPERVISION.

Client supervision.

By the end of the training for a Diploma in Process Work, a Phase II student needs to have accrued a minimum of 450 client hours. (The term 'client' refers to an individual, a couple, a family or a group.) A Phase II student is required to receive one hour of *client supervision* for every five client hours. That is, *client supervision* refers to processing and receiving feedback about a *specific* client from a supervisor. By the end of his/her training a student should have a minimum of 90 hours of client supervision.

There are a variety of ways that this supervision can be received:

- in an individual session
- as part of a group run by a diplomate
- during a supervision seminar*
- during a training day*
- during a student intensive*

* *when the focus is on specific cases rather than personal supervision, teaching, etc.*

Client supervision can include the use of an audio- or video-tape of an actual session, with the client's written consent.

Personal supervision.

Personal supervision refers to the development and training of a student's own style, and includes

- Developing understanding of the process structure
- Developing signal awareness
- the application of skills and metaskills to a variety of situations
- increasing awareness around edges
- Increasing awareness around holes in perception

It can include getting feedback from peers as well as facilitators. It *does not* refer to a specific client.

Personal supervision can be gained in a variety of ways:

- In an individual session
- As part of a group
- During a seminar
- During a training day
- During a supervision seminar
- During a student intensive

As from March 2006, the requirement for personal supervision has changed. A student will need to differentiate between the hours of practice in dyads or peer groups, and those hours where he/she is getting *personal individual* attention from an identified facilitator. Thus, a student could attend a training day, during which he receives:

- 1 hour of client supervision
- 4 hours of personal supervision, one of which was actually working in the middle of the group as 'therapist' to another, under the supervision of the identified facilitator, i.e *3 hours general, 1 hour specific.*

During *each year* of the training, a student is required to have a minimum of 40 hours of personal supervision, 5 hours of which must have been individually supervised.

By the *end of the training*, a student needs to have a minimum of 160 hours of personal supervision, 20 of which must have been individually supervised.

Coordinator of Training
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