

### **Student Supervision Agreement 2025**

“Supervision is provided to ensure standards, enhance quality, advance learning, stimulate creativity, and support the sustainability and resilience of the work being undertaken’ (BACP A Registrants Guide to Supervision 2016)

As a supervisor it is my responsibility to:

1. Abide by the UKCP / ACC / SPTI Ethical Frameworks and practice guidelines for supervisors.
2. Collaboratively create a fully engaged relationship that is characterised by mutuality, respect, openness, and trust.
3. Facilitate open and non-defensive dialogue, allowing for inquiry, clarification, checking out and constructive conflict.
4. Promote diversity, autonomy, and creativity.
5. Help you to explore your own unconscious processes, both as they are present in supervision and as they impact your relationship with your client.
6. Help you to connect relational, developmental theory to your clinical work and to your self-understanding.
7. Where appropriate offer academic supervision.
8. Regularly review how we are both meeting our respective, agreed upon, responsibilities as supervisor and supervisee.
9. Model and facilitate reflective practice and safe and inclusive policies / procedures.
10. Support your continued professional development and learning considering your modality, work setting and experience as a practitioner.
11. In accordance with the GDPR 2018 keep personal information pertaining to you secure and confidential.
12. Where I believe you are a danger to yourself or others, I will bring this to your notice.
13. Help you monitor your fitness to practice and general wellbeing as it pertains to being a counsellor/psychotherapist in your given setting.
14. Have regular supervision of my supervision work with you.
15. Explicitly contract the duration and frequency of supervision sessions.
16. Give you advance notice of planned breaks or holidays.

(Carl Rogers)

“There is something I do before I start a session.

I let myself know that I am enough.

Not perfect. Perfect wouldn’t be enough.

There is nothing this person can say or do or feel that I can’t feel myself.

I can be with them.

I am enough.”

As a Supervisee it is your responsibility to:

1. Keep me updated as to relevant health/wellbeing needs you might have.
2. Openly reflect on your clinical case load and how this impacts you professionally and personally on both a conscious and unconscious level.
3. Monitor your own fitness to practice taking reasonable measures to safeguard your personal wellbeing. If advised by me to consult with a medical doctor.
4. Share with me your changing supervision needs and any relevant changes in circumstances.
5. Ask for support and help if you need it.
6. Engage in supervision as an equal.
7. Bring to supervision all you need to be supported in your role as a trainee counsellor and psychotherapist. This includes recordings.
8. Collaboratively create a fully engaged relationship that is characterised by mutuality, respect, openness, and trust.
9. Engage in open and non-defensive dialogue, allowing for inquiry, clarification, checking out and constructive conflict.
10. Keep me updated as to any requirements from your training organisation.
11. Keep me updated as to any relevant policies or procedures from your placement that may impact you and your clinical work.
12. Abide by the Ethical Framework of your training organisation.
13. Where appropriate have in place a professional will.
14. Pay agreed fee of £70 per hour before each session.
15. Give 3 day’s advance notice if you need to miss or rearrange a supervision session.  
Sessions cancelled with less than 3 day’s notification will be charged as normal.
16. Contact between sessions will be charged at the agreed rate pro rata.

Date:

Signed: Catherine O’Riordan

Signed: Name:

Address:

Mobile / Email:

Training Details:

Training / Year:

Emergency Contact:

Relevant Medical Information:

Medication:

G.P. Contact Details:

### **Information Sheet**

76 Buxton Avenue, Nottingham NG4 3RS

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In the information below I share with you some basic information about me as a supervisor. If you have any questions, please ask me. I seek to be inclusive and to celebrate difference. I value freedom of thought and appreciate the rich variety of how we make sense of our lives.

I have worked as a supervisor for many years with qualified and trainee therapists practicing in different settings and working from different training modalities.

My approach is as a humanistic, developmentally based, relationally focused Integrative Psychotherapist and this is reflected in the way I approach my role as supervisor. My understanding is that supervision is a professional, confidential, contracted, collaborative relationship between at least two people with one person having the responsibilities of a supervisor and the other(s) having responsibilities as supervisee.

The aim of supervision is to support you to reflect on yourself as a person who is a practitioner (qualified or in training) and to get support, encouragement, education, and where appropriate advice. I seek to provide the conditions where you can enjoy a secure and alive relationship within which you can explore your clinical work and circumstances with a view to safeguarding and developing the quality of your service. I look to help practitioners link their life experience to therapy, practice to theory, and theory and research to practice.

The contract I have drawn up identifies some of the varied responsibilities of supervisor and supervisee and is designed to be a living document which we can adapt collaboratively to reflect the priorities of our work together. At the start of each supervision session, I will seek to clarify your sessional goals.

Our in-session focus will include helping you as a person to reflect on yourself, and as a counsellor to take up different reflective positions so that you can better understand your client and become more resourced to respond to them therapeutically. I may invite you to try out action methods by taking on the role of your client.

It is very important to me to understand your supervision needs and to work collaboratively.

### **Counselling and Psychotherapy Qualifications**

- Certificate in Group Facilitation. 2023. London Gestalt Centre.
- PG Diploma in Supervision. 2020. Sherwood Psychotherapy Training Institute
- MSc Integrative Psychotherapy. Sherwood Psychotherapy Training Institute (Membership Organisation). 2014
- NLP Practitioner. Infinite Excellence. 2008

Catherine O'Riordan. Integrative Psychotherapist, Supervisor and Groupwork Facilitator

UKCP Reg. No. 2011164382 / ACC103970

- MA Observational Studies: 2 units passed, work discussion and infant observation for two years. Tavistock and Portman NHS Trust 1997
- Certificate in Humanistic and Psychodynamic Counselling. Goldsmiths College, University of London. 1995

### **My Experience as a Therapist**

- Inner Child / shame workshop facilitator
- Private Practice. 2012 on-going
- Student Counsellor (employed). Central College, Nottingham. 2012-2014
- Nottingham Counselling Service (placement), Nottingham. 2011-2014
- Student and Staff Counsellor (employed). Christ the King 6<sup>th</sup> Form College, London. 1993-1998

### **My Theoretical Orientation**

My life experience, various trainings and clinical experience serve to highlight the importance of working with individuals in a way that fully responds to their first person, lived experience, from conception to now and looking forwards into their life. I place importance on humanistic values and approach working with clients primarily in the here-and-now, believing that the 'there-and-then' of past experiences can be responded to within an on-going therapeutic relationship. Where a client wishes to explore their spirituality or religion in the context of therapy, I am happy to do so.

I am a humanistic, developmentally based, relationally focused integrative psychotherapist. I draw on psychoanalytic/object relations theory and my own experience of having three times a week psychoanalytic psychotherapy; this has helped give me a deep first-hand experience of working with transference and countertransference and to understand how as a humanistic therapist the unconscious can be harnessed to create a deep human connection that can be restorative. I also draw on infant and child developmental theory, an interest which grew out of my Infant Observation training.

My MSc allowed me a thorough introduction to neuroscience and the importance of research in understanding how human beings grow, change, and thrive. I presented my research finding at the BACP Research Conference 2015, SPTI Showcase 2015 / 2017. My research has informed my approach to inner child work.

I work as a private practitioner with individuals from the public as well as with clients who are therapists and health care professionals, and counselling and psychotherapy students.

I also facilitate CPD workshops and groupwork.

**Other Relevant Interests:** Reading, Spirituality, Yoga, Health, Philosophy. Having fun.

### **Bank transfer details:**

Name of account: NLP Vision

Sort code: 40 - 35 -18

Account Number: 1450 40 89