



ATH Supervision Guidelines for ATH Full Healer Members

Currently supervision is recommended but not compulsory. The following guidelines explain why we believe supervision to be very important to good practice.

Aim of these guidelines:

- to clarify what supervision is and the different forms it can take
- to be supportive to our members – not prescriptive
- to pioneer the highest possible standards in professional healing practice

What is Professional Supervision?

Professional supervision is a confidential and safe place to talk about our work. What we talk about is likely to cover a wide range of aspects, depending on where, how and with whom we offer our services as a healer. It is also a place where we get support and affirmation, as well as learning and guidance. At the end of the day, though, we are in charge of our work, so supervision isn't about being told what to do – far from it. Effective supervision empowers us to work to the best of our ability. Most importantly it protects our clients.

What is Professional Healer Supervision?

The Healer Supervisor must have knowledge of experience of working with the Human Energy Field (the aura) and the Chakra system. They need to be aware and able to recognize energy resonance and energy transference. They need to be able to support their supervisee in how to manage their own energy. This is in addition to the more general role of the supervisor.

What is the role of the Supervisor?

A supervisor, or members of a supervision group, are there to:

- Support us in our work, including where personal issues may be affecting our work
- Help us to organize and manage our healing practice
- Help us to contain and manage feelings that might arise in our practice – our own and/or our clients'.

- Challenge us in a constructive way if they feel we are working without awareness of important issues or are straying from the ATH code of conduct and ethics.

What is the responsibility of the Supervisor?

- to the therapist
- to the client
- The Supervisor's primary responsibility is to her or his client, that is the supervisee. At the same time the Supervisor will be mindful of their supervisee's client(s). This is unless the supervisee is in training – then there are a different set of responsibilities.

What is the difference between CPPD and supervision?

Within ATH we see CPPD as a broad based activity that supports the healing practitioner to widen their learning and up-date their knowledge and skills, as well as supporting them to maintain their physical and emotional health. These activities are primarily for the development and wellbeing of the healer.

Supervision involves talking professionally with another person or persons. It is a more intense, focussed activity which provides reflective practice – an opportunity to talk through work issues. There is also a developmental aspect to supervision as it is a learning situation too. Supervision is concerned with the safety of clients and supporting the best interests of the client, as well as supporting the healer.

How much supervision should you have?

Whatever amount is undertaken it is the underlying rhythm of regularity of supervision that is important and very helpful.

We suggest different levels in terms of number of supervision hours required with a 12 hours supervision per annum as the minimum for full members. The amount of supervision that is advisable depends on the nature and context of the work. The more clients seen the more supervision is advisable: eg. 40 client sessions a month = one and half hours supervision; 1 client session a week = 1 hour every six weeks.

Student and new healing practitioners' needs would be different. More supervision support tends to be required. New members who are just setting up their practice are encouraged to have 1-1 paid and/or group led supervision with an experienced practitioner/supervisor before having peer supervision.

As many ATH members have integrated skills. They may need to get additional support/guidance/advice from a colleague or tutor of a training they have had in a specific therapy, or use different supervisory situations for their different therapies.

What are these different contexts for Supervision?

Peer supervision is with another colleague. The time is structured and organized formally - time is divided equally (usually) and time boundaries kept. It can be done by phone or skype/facetime, though face to face is best. It can also be a meeting with a group of peers and the time allotted so that everyone gets the chance to get some support.

One to one supervision tends to be a paid for session with a healer/therapist whose work is relevant to yours and who is experienced and skilled at listening and reflecting back to you. You have the whole of their time and attention just for yourself.

Group supervision can either be led by an experienced therapist (and therefore usually paid for), or it can be a group of peers meeting regularly (as mentioned above). Here there is the additional support and in-put of several people, plus the grounding and perspective that comes from shared experiences. The downside is that you get less time for yourself.

As already stated, regularity is the key. Supervision isn't something to be grabbed when we get into difficulty with a particular client or situation. Rather, it underpins our work as healers/therapists, and provides us with a foundation from which to work. In addition, if we are self-employed, rather than working in an organisation, we can feel isolated. Also we are likely to be running a small business with all that that entails.

What topics or issues might be brought to supervision?

Here are just some areas:

- Case management – physical and psychological conditions
- Self-care; work/home balance
- Relationship boundaries – their necessity and appropriateness, eg. issues with dual or multiple roles
- Management of energy transference – your client's, your own
- Contracting; also includes being clear with the client when an integration of different therapies is being used
- When you may need to break the confidentiality code and go outside the session eg. if the client is a danger to themselves or others
- Practice management – time management, money/fees/insurance/premises/subscriptions etc.
- Reflecting on moral and ethical issues/dilemmas
- Support and guidance should a complaint be made against you
- Managing the internet, websites and social media – where appropriate

