



COSCA (Counselling & Psychotherapy in Scotland)
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COUNSELLOR SUPERVISION

The COSCA requirements for supervision of counselling practice varies depending on the level of training and experience.

Please see below for the range of requirements:

➤ **Diploma Students:**

Practice supervision will be carried out to provide continual evaluation and monitoring of all client case work and the ratio of supervision hours : client contact hours will be 1:6.

➤ **Counsellors/Psychotherapists**

It is recommended that the proportion of time spent on counselling supervision to that spent on client-work should be 1:12.

➤ **Experienced Accredited Counsellor/Psychotherapist member:**

For accredited counsellors who have been practising for less than 5 years post accreditation the recommended level of counselling supervision is not less than 1.5 hours per month. This level is not directly linked to the number of counselling hours and may therefore suit those accredited counsellors who deliver higher number of counselling sessions per month.

When the 1.5 hours per month level means that accredited counsellors would require more counselling supervision than under the standard 1:12 ratio, they can opt to follow the 1:12 ratio. The 1:12 ratio may be more appropriate, for example, when accredited counsellors are delivering 12 counselling sessions per month as this would mean that they require only 1 hour of supervision rather than 1.5 hours.

➤ **Group Supervision**

If group supervision is to be considered as part of the period of supervision, groups should be no larger than permits an allowance of 20 – 30 minutes per group member in the supervision session. The focus of the work must be on client related issues, and the group led by a substantially experienced practitioner: 'peer-led' groups are not acceptable.

Example:

A counsellor/psychotherapist is a member of a supervision group of 4 supervisees, meeting for 2 hours every month. This provides ½ client supervision hour per month for the counsellor. The counsellor is also having fortnightly individual supervision sessions of 1 hour, providing her with a further 2 hours per month. She thus received 2½ supervision hours in total per month. She has arranged this amount of supervision because she works 8 hours per week, seeing between 6 – 8 clients per week. This works out at an average ratio of approximately 1:12 over the year.