

Counselling Worcestershire

Do you need Counselling Supervision?

You will be aware that all Counselling and Psychotherapy membership organisations require their members to have clinical supervision.

The British Association for Counselling & Psychotherapy (BACP) recommends that Supervision should be *“both regular and sufficient”*

Supervision should perform 3 main functions;

- 1. Help the student to integrate theory with practice and to develop competent practice (Training)**
- 2. Maintain the student’s personal and professional well-being with respect to client work (A supportive function)**
- 3. Afford a degree of protection for the students clients (A managerial function ensuring safety for the Client)**

I have over 15 years experience as a Counsellor and Psychotherapist, 12 years of which was working for the NHS in local GP surgeries. I have my own private practice and work for a number of Insurance and Employee Assistance program companies.

As well as being a University lecturer on the Masters degree in Integrative Counselling & Psychotherapy in Birmingham and in Coventry, I am an external assessor for a national academic awarding body and I teach Stress Management to Worcestershire County Council & other local agencies

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