

## **Gill Jones, M.A. MBACP (Snr. Accred. Counsellor)**

### **My philosophy of supervision**

The counselling supervision I offer is based upon my regard for an individual's own training and philosophy. I am comfortable working in psychodynamic, person-centred, narrative and cognitive or CBT core theories. I also have an understanding of transactional analysis and gestalt theories. I encourage supervisees to present as little background information to a case as is necessary for the issues they wish to explore in supervision with me. The model for supervision that I use has been influenced by the work of several writers, most notably Brigit Proctor, Michael Carroll and Petruska Clarkson. Although my ideas continue to develop to meet the needs of individual situations, I believe the main task of the supervisor is to create a safe enough space for the supervisee to bring to supervision the issues they want to explore more deeply. This does not mean they need to bring only those issues that worry them about a client, as I believe that reflecting on a piece of work that went satisfactorily is also valuable and necessary to the overall picture. I see my task as their supervisor is to facilitate this exploration of their work. In addition to this supportive work, I may suggest opportunities for on-going professional development which may involve encouraging the supervisee to seek some personal therapy or bringing CPD opportunities to their attention. I try at all times to fulfil this task in a way which allows the supervisee remain in charge of both the issues and the client.

### **General**

Supervisees normally contract for monthly sessions which may be by email or live session. The frequency of counselling supervision may vary according to the volume of counselling, experience of the supervisee, the work setting and current professional requirements. I ask supervisees to adhere to the BACP Ethical Framework for Good Practice. Supervisees who follow a different code and complaints procedure are asked to agree this with me before commencing supervision so we can both be clear about which Code is in operation. As part of good practice I hold regular two-way reviews with supervisees to evaluate the effectiveness of their counselling supervision. These enable changes, where appropriate, to be made to the supervision process. In line with BACP recommendations I receive regular consultative support for my supervision work.

### **Anti-discriminatory practice**

I seek to provide supervision which is anti-discriminatory in nature and endeavour to ensure this commitment is reflected in the process of supervision.

### **Confidentiality**

As a non-managerial counselling supervisor I treat all information disclosed to me as confidential. Where a professional disagreement about client care cannot be resolved I consult with my external consultant and, if appropriate, refer the supervisee to another supervisor. I reserve the right to make contact with a relevant organisation (eg external agency or professional body) if I believe a supervisee's work with a client causes serious concern and where a mutual course of action cannot be agreed. Issues of client safety and the safety of those surrounding the client take precedence in this context. In such cases, the supervisee concerned would also be informed of any action I am about to take or have taken.

### **Fees**

My fees are £40 per session which can be an exchange of emails with a brief supplementary email exchange if necessary or a live session lasting one hour which includes a pre-session background email from the supervisee, outlining the issue(s) they wish to discuss.

### **My Qualifications**

I hold the following counselling and supervision qualifications:

- General and Advanced Certificates in Counselling University Leicester (1990-1994)
- MA – (Supervision and Training of Counsellors and Psychotherapists) University of Birmingham (1997-2000)