

IIPA

INTERNATIONAL
INTEGRATIVE PSYCHOTHERAPY ASSOCIATION

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C.S.C.

**COMMISSION of
STANDARDS CERTIFICATION**

Commission for Standards Certifications

APPENDIX II

SUPERVISION

Supervision is one of the major core concepts in the IP Training and in the IP Continuous Educational Process in each of the certification levels.

To be a Certified Integrative Psychotherapist/Counselor and a Certified Integrative Psychotherapist/Counselor Trainer or Supervisor involves the commitment in a continued process of self-development and promotion in terms of learning and working through professional and personal issues, as well as personal and professional skills. These points are all related to the involvement in a continuous methodological revision.

This supervision process will also ensure the Psychotherapist/Counselor has receiving support and maintaining a source of satisfying the Relational Needs that each Psychotherapist/Counselor discovers in the path of working as a real person, along with an involved and attuned psychotherapy.

➤ DIFFERENT STRUCTURES FOR THE SUPERVISION

In the IP training process we have three main supervision processes

A. Individual Supervision Setting

It is the setting where the professional can ask to present and work through concerns, doubts or any kind of different needs that the Psychotherapist/Counselor may have in his/her work with clients. The Psychotherapist/Counselor can also work on the awareness, meaning and possibilities of transfer use and counter- transferenziale processes, she or he is experiencing in clinical or counseling cases.

The person who is willing become an Integrative Psychotherapist/Counselor needs the reference of a MAIN SUPERVISOR who knows her/his main strengths as well as her/his specific needs of development and growth. The Supervisory process has to be attuned and respectful of the particular skills and characteristics of the supervisee, as well as of the training developmental level.

The credit of this supervision is counted in terms of the number of hours working with a Supervisor who must be a Certified Integrative Psychotherapy Supervisor. The number of required hours is a minimum of **150 hours** of which a minimum of **80 hours** is IP supervision with a CIPTS of CICTS; a minimum of 40 hours must be attained with the candidate's primary Supervisor. The remaining hours can be attained, either before or during IP Training, using other approaches.

B. Individual Supervision in a group setting

It is the setting where the professional can ask to present and work through concerns, doubts or any kind of different needs that the Psychotherapist/Counselor may have in his/her work with clients. The Psychotherapist/Counselor can also work on the awareness, meaning and possibilities of transfer use and counter- transferenziale processes, she or he is experiencing in clinical or counseling cases.

The number of hours to certify in an individual Supervision in a group setting is the exact amount of time that the supervisee is presenting her/his case, work plus for each day of 6 hours Training-supervision group we accredit:

- 1. 1 hour if the trainee present a personal case plus ½ of group hours if max 12 participants or 1/3 if the group is 12-24 participants.**
- 2. The Supervisor can give an extra hour of supervision to some participant that gave a particular-important feedback and contribution to others participants in this group.**

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C. Relational Group of Supervision Setting

The supervision setting through a Relational Group Process involves two types of supervision together in the same format.

1. The individual presentation from each of the members of the group about her/his case (difficulties, doubts, therapeutic errors etc...).
2. The characteristics of a relational therapeutic group applied to the supervision issues.
It means that each group member in such a type of supervision is committed to give continuous specific feedback to the Psychotherapist/Counselor that presents the case: to make relevant questions related to the IP concepts, theory and methods that the supervisee is applying and showing in the case presentation. Each group member is also committed to give theoretical examples of her own way of working with the client that the other colleague is presenting, as well as to participate with a respectful, attuned Inquiry.

In this setting the Supervisor has two tasks, that means:

1. To do a usual supervision process for each of the attendees (equal to an individual supervision in a group setting).
2. To work with the group dynamic in order to:
 - a) Make sure of the equal participation for all the supervisees (and in the two tasks they have here).
 - b) To keep the group working in terms of stimulus, motivation and interconnection between members.
 - c) To take care of the potential parallel processes that may appear more often in this format and work through them

Processes of transference and counter-transference are going to happen in a multilevel of possibilities and so the transfer is one of the major points of attention and also theoretical revision in this supervision style.

This kind of supervision may include other working methods as psychodrama, empty chair, role playing, etc... When the Supervisor may find it useful for the process

This supervision setting requires an ongoing time structure and at least a time structure that allows each of the members in the group to have time to present her/his case, as well as to guarantee that each person in the group has time enough to do this inter-supervisory process.

All the members in this group have the commitment and task of being aware of the strengths and needs in each candidate, as well as in giving a mutual support.

In this setting there are many simultaneous work levels involved because of the relational group process of supervision. In consequence **all the time devoted to this kind of supervision can be certified**, recognizing the value of the direct supervision as well as the learning process that comes with the group presentation from other members in the group (explicit and implicit learning). The Supervisor will make the report for the certification process having in mind all the processes and feedback coming from this kind of group.

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➤ COMPLEMENTARY PATHS in THE SUPERVISORY PROCESS

A. Self supervision.

The temporary Psychotherapist/Counselor or Trainer and Supervisor, may develop a fine self awareness and may keep her/his self in an ongoing process of working as a Integrative Psychotherapist/Counselor/ through reflex ion and writing cases and listening (or transcribing) therapeutic sessions.

The use of the Diary, focusing her/his attention in the process of growing up about the major points that she/he knows from her/his own therapy and supervision, is a wonderful way of making a personal inner commitment to work: this also can come along other information related to the certification process (if the Psychotherapist/Counselor wants to share it as document for her/his personal reasons) but it should be done through the main Supervisor who will use it in the support letter for the certification process.

Because the supervision process will require the role of a Supervisor these training hours **cannot be certified**.

B. Group of peers

It is a group of temporary Psychotherapist/Counselors who are organized on the bases of the mutuality, equality, respect and commitment of learning, thinking and discussing clinical cases and theory all together. The responsibility of the welfare of the group and its members is a share commitment between the group members.

This group of peers can be a wonderful way of complementing the Supervisory process but cannot substitute the regular individual or group supervision; it can offer an easy way for many candidates of having presence, inquiry and stimulus from other colleagues.

As above, because the supervision process will require the Supervisor takes responsibility for the trainee, for the Training, for the group Training and for the clients involved, tthese **auto-training hours cannot be certified**.

➤ TRAINERS & SUPERVISORS

Certified Trainer and Supervisor are the most involved Integrative Psychotherapist/Counselors in their own process of improving themselves, their method and theories.

The amount of hours required for going to be Certified as a Trainer and Supervisor is a minimum of **200 hours** with an Integrative Supervisor & Trainer, and after the process of certification he or she accepts the commitment of keeping learning and supervising by her/his own ongoing resources of supervision and Training, or by attending to workshops, seminaries etc.. That IIPA or professional IP Associations may organize regularly in the period of our biannual conference.

These 200 hours should be specifically about supervising the seminars and the teaching and supervising skills, also taking into account psychotherapeutic and relational work and conceptualization of teachings, supervisions and the therapeutic work.

➤ C.S.C. COMMISSION OF STANDARDS CERTIFICATIONS

The Commission for Standards Certification has the goal of revising and improving the certification processes for the Integrative Psychotherapist/Counselors whatever is the level of development and specific needs of the professional in her/his therapeutic approach, methods and personal integration through the certification process. The main goal is to offer support to the association members in the certification process, and to get it actualized and useful.

In order to make sure that this process is well adjusted and useful, this commission may ask for a **consultation** from some of the more advanced members in our IIPA community in order to get an external feedback of its work.

The quality of CSC work will be also protected by a Chair rotation every **4 years** and for a rotation of the members belonging to the Commission, maintaining at least one person for each country, but not all the members will be substituted simultaneously”

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➤ General OBSERVATIONS , RACCOMANDATIONS and COMMENT

Some specifications and comments for structuring the supervision work.

- To evaluate to separate the normal professional Supervision by the Training Supervision: in fact when in IP Training it is mandatory to receive supervision. In professional supervision the Psychotherapist/Counselor perception (may be transference) and the contracts are different and the power develops differently than in Training supervision,
- In the Training supervision usually there is the possibility to choose the Supervisor, not always is possible when working in National Institutes, except the private practise.
- Sometimes it is possible to have a couple of 2 simultaneous Supervisors in a group, working in parallel sections: we would avoid this giving preference to integrate those two activities in a simultaneous co-supervision of the Trainers
- There are different levels of Training in a training supervision group. We would not mind to mix different levels.
- We could have supervision for a couple of co-Psychotherapist/Counselors.
- We could have supervision for 2 persons. If more I would call this reality" a group".
- The number of participants needs to be attuned to the hours of the supervision group. (For instance it is not recommended more than 10 persons for 6 hours of group supervision).
- We would consider appropriate for a Training supervision group a rhythm of at least 4-6 times per year

This document has been designed with the intention of offering some guidance and information to supervisees and Supervisors, but at the end is in the Supervisor the responsibility of deciding what kind or style of supervision the candidate has received, what is the real amount of hours that the supervisee has been done effectively, and it is up to the Supervisor to support and present a clear statement about all these points in the endorsement letter she/he is going to write for the candidate in order to fulfill the documents each candidate should send to this Training & Standards Commission.