Brief Guide to the Diploma in Online Therapeutic Supervision

(CPCAB Accredited)

The course has come about for two main reasons:

- the growing numbers of online counsellors seeking online supervision
- an increasing awareness amongst online counsellors who already provide online supervision of the   need to undertake training specifically targeted at online work as well as at supervision theories, research and models to meet professional and ethical issues.

Course content and structure

Week by week outline of Diploma in Online Therapeutic Counselling Supervision and Assessment requirements

	Group Meetings	Registration Task	Practice Lab Task	Other tasks
Week One	Hopes and fears Q&A re course Necessary conditions for facilitative groups online	Your existing strengths in becoming an online supervisor.	Note down ideas for a supervision contract	- Prepare and share learning contract
Week Two	Contexts of online supervision Requirements of supervisor in those contexts Supervision record keeping Types of supervision relationship (Proctor)	'My ideal supervisor!'	What makes a good supervisor?	- Ensure contract is in place with supervisees - Research 'Tasks of Supervision

Week Three	Tasks of supervision How do we ensure these are fulfilled? Normative, Formative, Restorative model – strengths and weaknesses Developmental models of supervision – who am I ready to supervise?	- How am I doing with my supervisees? What's going well and what am I worried about?	Ideas for giving feedback to supervisees (and peers!)	Page & Woskett's model Consider how it can be used in online supervision Begin work on personal model of online supervision
Week Four	Strengths and weaknesses of Cyclical Model in online supervision. Exploration of working in Space and Bridge in Online work.	What I most enjoy about online supervision	Is supervision of supervision is necessary – or not?	7 Eyed model Continue working on own model over the coming weeks
Week Five	Hawkins and Shohet's 7 eyed model of supervision Strengths and weaknesses in the online context Establishing and sustaining boundaries in the online supervision relationship	What I dislike most and/or find most difficult about online supervision	Response to request to set up online supervision contact with a counsellor	- Research other models of supervision ready to present to group in the next three weeks.
Week Six	- READING WEEK			Work on model of supervision
Week Seven	One third of group to present models of supervision that they have researched. This might take the form of introducing the	The ethical / legal issue 'I' most dread when supervising online is.... because....	Response to an ethical dilemma posed by an online supervisee	Recording understanding and responses to the model presented in group meeting.

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	model, exercises around it and/or a discussion about its strengths and weaknesses as an online model. All participants to follow up the session by recording their understanding and responses to the model.			Research a website or an article/book that you feel has relevance for online supervision
Week Eight	As above	Reference last week's research and give your reasons for your choice.	Response to request for referral information from an online supervisee	Recording model as above

Compile a list of websites that might be useful for supervisees seeking information or referrals for clients |
| **Week Nine** | As above | My nightmare fantasy in supervising online | Discussion of the ethical and appropriate therapeutic element of online supervision | Recording understanding and responses to the model presented in group meeting |
| **Week Ten** | Group discussion of models of supervision presented in previous weeks – and any adaptations to own in light of other people's | What I have learned about myself when constructing my model of online supervision | Response to supervisee asking for clarification about an aspect of your contract | Re-write as necessary your model of supervision, explaining the alterations. |

Week Eleven	Case Reviews: checking understanding of what is required and sharing ideas and concerns. Balance of supervision per se and online supervision specifically. Initial ideas around writing the review.	Where 'I' am now at the halfway point of the course.	Differences between individual and group online supervision	Before group meeting, re-read information about case reviews. Circulate work so far produced for case review.
Week Twelve	READING WEEK TWO		.	Finish Presentation
Week Thirteen	Presentation Week One: This might take the form of introducing the topic, exercises around it and/or a discussion. All participants to follow up the session by recording their understanding and responses to the presentation. There may be more than one presentation per week depending on course numbers.	My nightmare supervisee or supervision group!	Suggestions for inclusion in guidelines for online group supervision	Record information and reflections on presentation. Research group work
Week Fourtee n	Presentation Week Two: as above	My vulnerabilities around interpersonal conflict	Working with conflict within an online supervision group	Reflections as above Research conflict Management
Week Fifteen	Presentation Week Three: as above	My image/metaphor of myself as a supervisor	Posting own model of online supervision and giving feedback on those of peers.	Reflections as above Write up own model

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Week Sixteen	Presentation Four: as above	How I see diversity within this group	Share experiences of working with diversity	- Record as above Write own definition of difference and diversity
Week Seventeen	Presentation Week Five: as above	How I hold my personal authority, my role authority and my expertise in online supervision	Appropriate use and the abuse of role and personal power within online supervision	Record as above Discuss learning edge with supervisor
Week Eighteen	Presentation Week Six: as above	Share your image or metaphor of yourself as an online supervisor	Sharing ideas for reviewing online supervision with	- Record as above
			supervisee and supervisor	
Week Nineteen	Presentation Week Seven	My post-diploma learning needs and how I intend to meet them	Sharing resources for future learning (courses, workshops, literature, websites, organisations, people etc)	- Record as above
Week Twenty	Check out that all is clear regarding portfolios – discussion of any aspect of portfolios or assessment	What I have liked most and disliked most about the course!	Post your three greatest learning about being an online supervisor, either from being a supervisee or a supervisor	End supervision groups- Prepare for next week's endings
Week Twenty One	Endings - with online supervisee – how we did this and how it went with this group	Appreciations to group members	When and how to suggest to an online supervisee that developmentally they are ready to move to a new supervisor	Ensure that you have all information and documents needed for completing the assessment process.

Assessment: Portfolio containing:

- a learning review, which contains your reflections on the input, discussions, experiences and readings for the course.
- records of online supervision (15 hours) and online supervision of supervision (8 hours)
- at least two essay assignments of those set out below (Number one must be included)
- at least one self-review
- a case presentation (this may be linked to the case review)
- records of tutor feedback on online supervision practice sessions and your presentations to the group
- peer feedback on online supervision practice sessions, presentations, learning partner feedback etc
- your online supervisor's report
- your completion statement (p12 in Candidate Guide) and Candidate Learning Record (p7)
- tutorial record
- record of completed assessments
- Criteria Assessment Sheet
- Case Review (3000-3500 words) - Essay Assignments: (2,500 words each for number one, and one other of your choice. If you choose to include others, they can be shorter.)

1. A description of your personal model of online supervision, exploring its roots and influences, as well as how you have developed it and trialled it in practice. (Essential)

Choice of:

2. An essay covering the topic you chose to present to the group.

3. An exploration of the ethical, legal and data protection issues that pertain to online supervision

4. A description and critical analysis of the supervision model you chose to present to the group