

## **IPSS Policy statement on Supervision (May 2023)**

### **1.0 IPSS considers Supervision to be a requirement of Psychoanalytic Psychotherapy.**

- 1.1 In line with UKCP requirements the IPSS Supervision statement along with the CPJA Policy statement is one of the key policy areas that members are expected to be familiar with and sign up to (i.e., comply with) when submitting their annual IPSS membership renewal which in turn supports their annual UKCP registration. To that end the IPSS Policy statement provides a way forward in supporting good practice in Supervision.
- 1.2 IPSS endorses the “CPJA Supervision statement” (2019) which sets out the importance of supervision in psychoanalytic practice as well as provides the professional and ethical standards that are to be met by supervisors. In that document CPJA also refers to the standards required of Supervisors by UKCP, where they are to be put forward for the UKCP Directory of Supervisors. Where these are put forward by CPJA as markers for good practice in Supervision as a whole, then this is also endorsed by IPSS in this policy statement.
- 1.3 The norm within UKCP and CPJA is that a practising psychotherapist should be in supervision at a frequency that reflects their needs at any particular time. The engagement with unconscious process in the Supervision process makes it essential that that Supervisor is a qualified Psychoanalytic psychotherapist. Where a psychotherapist chooses not to be in supervision; this is acceptable only in so far as the individual can account for it as part of a planned professional development that allows for a period of more personally contained self-reflection in the work. The need for this would have to be explained as part of the membership renewal process. This period without supervision is not expected to be either a prolonged or indefinite one.

### **2.0 IPSS acknowledges and endorses the differences in status applied to Supervision by CPJA.**

- 2.1 Supervision of Psychoanalytic counsellors and psychotherapists. It is a requirement that the Supervisor must have 5 years’ professional practice in Psychoanalytic work with clients. This is no longer seen as 5 years post qualifying experience as a Psychotherapist. It can also take account of up to two years of an individual’s psychoanalytic practice as a counsellor prior to training as a psychotherapist, to which could then be added 3 years post qualifying experience as a psychoanalytic psychotherapist, bringing the figure up to the requisite 5 years’ professional practice. Although there is no clear CPJA and UKCP statement on the level of experience required of those in

group supervision, IPSS requires that at least one member of the supervision should have the 5 years professional practice in Psychoanalytic work.

- 2.2 Supervision of Trainee members. CPJA states that Supervisors of “trainees” (and IPSS takes this to include supervision of accreditation candidates), should take account of the practice requirements and the SET’s within the” CPJA Supervision Statement” and the UKCP document “Requirements for Inclusion on the UKCP Directory of Approved Supervisors Standards for Education and Training”
- 2.3 Supervision of Practitioners working with children. As IPSS is an MO. supporting and accrediting psychoanalytic psychotherapy with adults it does not have the expertise to assess the appropriate standards or level of supervision required to work with Children. Those members of IPSS that supervise work with children should be professionally accredited to do so or supported in this field by an appropriate professional body other than IPSS.
- 2.4 IPSS is responsible for assessing the suitability of its members, who request to be put forward to the UKCP Directory of Approved Supervisors. It is also responsible for re-accrediting on a 5 yearly basis, those IPSS Members who are on the UKCP Directory of Approved Supervisors.

IPSS Complies with the requirements of the UKCP Directory of Approved Supervisors in the following way.

All IPSS members through the IPSS Annual Membership Renewal Process and the 5 Year Re-accreditation process, unless a complaint has been made against them, have been assessed to be of a good professional standing and where they have also met the clinical practice requirement to supervise clinical work, of 5 years of psychoanalytic work with at least 3 years of that being post qualification as a psychotherapist; these members will be considered **to have met the professional standing and experience requirements of the UKCP Directory of Approved Supervisors.**

- a) **To be put forward to the UKCP Directory by IPSS** it then remains for the member to demonstrate that they have met the SETs (Standards of Education and Training) within the CPJA policy on Supervision. Currently IPSS puts forward new members to the UKCP Directory, who have recently completed a course that is recognised to comply with the CPJA SETs for supervision. For example the Westminster Pastoral Foundation (WPF) two year Certificate in Supervision.

- b) **To be re-accredited for the UKCP Directory**, for those that are already on that directory, they will need to demonstrate that they have completed sufficient CPD which reflects a continued adherence to those SETs in their professional development.

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