



Counselling and Research Centre

Professional Certificate in Clinical Supervision of Counselling

(APCA-approved training course for the registered clinical counselling supervisor)

The course aims to prepare qualified counsellors to provide clinical supervision, and grants a qualification that enables qualified counsellors to supervise students undertaking counselling training. Participants will have the opportunity to learn how clinical supervision of counselling is conceptualized from a theoretical point of view, delivered as a practical service, evaluated for efficacy, and developed as a profession.

The course includes both theoretical and practical components. Specifically, the course aims to help participants

- understand the process of supervision and the nature of the supervisory relationship;
- familiarize with a number of theories and research findings with regard to counselling supervision;
- identify and practise basic supervisory skills;
- be aware of some controversies on counselling supervision;
- reflect on their own experiences of supervision, both as a supervisor and supervisee;
- develop personal learning and supervisory styles.

This is a part-time course, providing 140 hours of training, including 42 hours of instructor-student contact time. The course is suitable for qualified and experienced counsellors who are beginning to supervise.

Duration

Duration of the entire training: 8 months

Lectures: first 3 months

Supervisory practice: following 5 months

Course Structure



Counselling and Research Centre

This course is composed of:

30 hours lectures

12 hours supervision (6 hours individual live supervision & 6 hours group supervision)

20 hours supervisory works

A minimum of 80 hours private study and coursework

Students are required to attend ALL of the training sessions and to complete a minimum of 10 hours per month of private study and coursework.

Part A:

Lecture (Twelve 2.5-hour lectures)

Candidates who are accepted to the programme will first attend a series of lectures aimed at building up participants' foundation knowledge about clinical supervision of counselling.

The 12 lectures will cover:

- basic concepts and frameworks for counselling supervision;
- theories and research findings of counselling supervision;
- the developmental stages of counselling supervision;
- supervisory techniques relevant for both individual and group supervision;
- assessment of the effectiveness of counselling supervision;
- transference/countertransference in the supervisory dynamics;
- controversies on clinical supervision of counselling;
- cross cultural issues;
- ethical and legal issues.

Part B:

Supervision (Twelve hours supervision sessions)

After accomplishing the twelve lectures, students will be required to be supervising at least one supervisee (no more than 3 supervisees) on a regular basis as well as receiving supervision of their supervisory work. Students are required to deliver a total



Counselling and Research Centre

of 20 hours counselling supervision (in students' working agencies if they have been engaging in counselling supervision) (Note that this is students' responsibility to look for and secure their supervisory placement, although the CRC's lecturers can give suggestions in the searching process).

- Four group supervision sessions
- Six Individual live supervision sessions

Assessment

- Individual and Group Supervision
- Supervisory work
- Twenty supervision journals
- One reflection paper (5000 words)

Private study and coursework (10 hours/month)

In addition to the supervision journals and reflection paper on the supervisory practice, students are required to submit two essays. Students will receive a list of essay questions at the beginning of the course.

Assessment

- Two essays (2500 words; 50% for each)

Course Fee

\$20,000