



Guidelines on Supervision and CPD For Relationship Counsellors

Purpose

To support members of the Australian College of Relationship Counsellors (ACRC) with their professional practice in Relationship Counselling, the ACRC has developed *Guidelines on Supervision and CPD for Relationship Counsellors*.

The Guidelines are aimed at ensuring Relationship Counsellors undertake appropriate supervision and continuing professional development (CPD) to support them to provide high quality, ethical Relationship Counselling services.

Supervision

ACRC Members are expected to undertake regular supervision for their Relationship Counselling work from a suitably skilled and experienced supervisor.

Supervision must meet the requirements of PACFA's CPD Policy, i.e. 10 hours of formal supervision linked to practice in the previous 12 months, or 15 hours of formal supervision where a practitioner has accrued over 400 client practice hours per annum.

For effective specialisation in Relationship Counselling, the ACRC recommends that a proportion of the members' annual supervision hours should have a relationship counselling focus and be provided by a suitably trained and experienced supervisor.

The amount of Relationship Counselling focused supervision would ideally reflect the proportion of the member's work that is Relationship Counselling. For example, if 50% of your practice is Relationship Counselling work, it is recommended that at least 50% of the supervision should have a Relationship Counselling focus.

ACRC recommends that members undertake their supervision with an appropriate Relationship Counselling Supervisor. Ideally the Relationship Counselling Supervisor would have extensive training and a depth of experience in Relationship Counselling, Couple Therapy or Family Therapy.

An appropriate Relationship Counselling Supervisor is someone whose training, skills and experience is, at minimum, equivalent to that of a Clinical member of the ACRC of at least three years' standing.

If the Relationship Counselling Supervisor is not a member of PACFA and the ACRC but is from a related profession such as social work or psychology, they would be considered equivalent to a supervisor belonging to PACFA and the ACRC if they have undertaken Relationship Counselling training and have experience equivalent to an ACRC Clinical member of at least three years' standing.

Supervision provided by an employer will generally be considered appropriate, provided the employer is a specialist Relationship Counselling service offering Couples Counselling and/or Family Therapy.

Continuing Professional Development (CPD)

The College recommends members undertake regular CPD activities with a Relationship Counselling focus. This may include CPD on Couples Counselling or Family Therapy.

CPD must meet the requirements of PACFA's CPD Policy, i.e. 20 hours per year of CPD.

For effective specialisation in Relationship Counselling, the focus on specialist Relationship Counselling CPD will ensure currency of the member's knowledge and skills in Relationship Counselling to support the delivery of high quality, ethical Relationship Counselling services.