

# ASCH Supervision Guidelines

**SUPERVISION** is a vital part of the ASCH's ethical and professional responsibility. It is important, therefore, that supervisors and supervisees are aware of their obligations and that supervision is taken seriously. For example, a supervisor can be held legally responsible if a supervisee receiving professional supervision is sued. Visit <https://www.asch.com.au/asch-supervisors/> for a list of ASCH supervisors. However, ASCH members are not restricted to these, if your supervisor is suitably qualified to supervise.

All practising hypnotherapists are required to have a **minimum of 12 points** of supervision a year.

There are three types of supervision:

- **One-on-one** with a qualified supervisor. **One hour equals 1 point.**
- **Group** with a qualified supervisor. **One hour equals 1 point.**
- **Peer**, where two or more hypnotherapists meet to discuss concerns and one of you takes notes for distribution to the group. Any outstanding concerns raised during a peer session need to be reviewed with your supervisor. **Three hours equals 1 point.**  
Participation in an **ASCH Community Connect** session will earn you **2 peer points**.

ASCH supervision requirements for each member are:

- **Student** members are not required to have supervision while they are in training.
- **Intern Professionals (graduates)** require 12 hours one-on-one supervision with a qualified supervisor during their 12 months as an Intern Professional, before they upgrade to Professional membership.
- **Registered Professionals and Professionals** require a minimum of three one-on-one supervision with a qualified supervisor each year. The remaining hours can be accrued via:
  - *Group* supervision where one hour equals one point of supervision
  - *Peer* supervision where three hours equals one point of supervision.

## What you need to know about supervision

Supervision provides an opportunity for a hypnotherapist to receive professional ongoing support and guidance in working with clients and in personal development. A supervisor provides:

- a forum for discussing case histories, client issues, the workplace, and the supervisee's own issues
- an opportunity for a regular debrief in a safe, non-judgemental environment in order to avoid burn-out
- an opportunity to air and address a wide range of issues related to:
  - clients
  - colleagues
  - relationships
  - safety
  - mandatory reporting
  - ongoing personal and professional development
  - skills
  - experience
  - personal wellbeing
  - building a practice
  - the workplace.