

Below are some frequently asked questions about me and my practice.

**Q: Where do you work, and what do you do there?**

I am an independent (self-employed) practitioner with my own private practice I see adults, couples and young people for counselling and offer clinical supervision to trainees and qualified therapist. I also work with a few different charities, organisations and EAP providers.

My office is in Southernhay in Exeter.

**Q: What is your understanding of clinical supervision?**

Overseeing individuals who practise as counsellors or psychotherapists in line with the BACP and NCPS Ethical Framework for the Counselling Professions. As a supervisor, I'm responsible for my supervisees' clients' clinical safety.

**Q: What qualifications do you have in supervision?**

I have completed a Level 6 Diploma in Clinical Supervision for working online and in person.

**Q: How do you offer supervision?**

I offer supervision online via Zoom or Face to face in Exeter at my practice.

**Q: What would be the minimum length of time that you could reasonably commit to supervising me?**

I am happy to supervise you on an ongoing basis, with a review every six months.

**Q: How much do you charge?**

I charge £65 for 50 mins and £80 for 100 mins of supervision. I give 1 months notice of any changes to my fees.

**Q: What is your cancellation policy?**

My cancellation policy is 48 hours, if you cancel or amend within 48 hours of your session then it is chargeable, if its outside of this time its not chargeable. If you do not attend a session or are over 15 mins late without contacting me this will be taken as a cancellation.

**Q: What ethical body are you with?**

I am an Accredited member of the BACP and a Professional Accredited Registrant of the NCPS

**Q: What modality do you work in?**

My counselling training was Integrative so I naturally bring these modalities into supervision, My supervision training incorporated using the Seven Eyed Model which I use as the basis in supervision sessions.

If you have any questions, I would be happy to answer these at our first meeting. We can also discuss any of my answers in more depth then, if that would be helpful for you.

Best wishes

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## Bill of Rights

### The Rights of a Supervisee

- be respected for being a professional
- become the professional they can be and want to be (and not just a clone of their supervisor)
- have a safe, protected supervision space
- be in a healthy supervisory relationship
- receive fair and honest evaluations and reports
- see a supervisor's reports on them, and comment on the contents if they wish
- know what their supervisor thinks of their work
- make good any areas of development outlined by their supervisor
- expect clear and focused constructive feedback
- give clear and focused feedback to their supervisor
- participate in ongoing, regular and systematic reviews of the supervisory arrangement
- apply their own learning style
- negotiate the supervision contract (and be aware, in advance, what is non-negotiable in the contract)
- access mediation if the supervision relationship breaks down
- appeal decisions made in supervision with which they have problems.

### The Responsibilities of a Supervisee

- undertaking their own learning
- preparing for supervision
- using supervision time effectively (managing time boundaries)
- presenting their work openly and honestly
- delivering the best service possible to their clients or client group
- creating learning partnerships with their supervisor
- applying learning from supervision to their work
- being aware of other stakeholders in the supervisory arrangements, e.g. clients, the families of clients, taxpayers, their own profession, training courses and organisations (where applicable)
- monitoring and evaluating their own work
- reflecting on their work
- feeding back to themselves and to others (both other supervisees and the supervisor)
- being aware of cultural, religious, racial, age, gender and sexual orientation differences between themselves and others
- creating ethical and professional environments for their work
- where appropriate, giving regular overviews of their work to their supervisor

