



# Australian Association of Clinical Hypnotherapy & Psychotherapy Inc

AACHP Inc. A0036986V

## AACHP Supervision Requirements Summary

### One on One Supervision with an approved Supervisor:

All Hypnotherapy practitioners are required to undertake a minimum of 10 supervision sessions per year with at least 50% of those sessions being one on one, with an approved supervisor . (1 hour per session ) These sessions must occur at regular set times throughout the year.

### Group Supervision

Group Supervision may only comprise up to 50% of the supervision requirements per year.

- Attending an AACHP Peer Support session can be counted towards the group supervision requirement (2 hours per meeting = 1 support session) – 5 sessions are provided annually.
- Group Supervision with 2-6 supervisees can be counted towards 1 supervision session (min 1.5 hours = 1 session). Larger groups require a minimum of 2 hours to count as 1 Group Supervision session.

### Supervision undertaken in a related mental health field (eg: counselling)

Where supervision is undertaken in a related mental health field, but not in a hypnotherapy-specific context, it may count towards a maximum of 50% of the annual supervision requirement however, it cannot be substituted for any of the one on onesupervisory sessions required with an approved Supervisor.

### Approved Methods of One on One Supervision

- Face to face between Supervisor and Supervisee
- By telephone, web cam or other similar technology which utilizes *real time* communication

*Communication by email or post **will not** count towards standard supervisory hours.*

### Record Keeping

It is recommended that both Supervisor and Clinician maintain notes of supervision sessions undertaken as per the AACHP Supervision Policy.

***For more detailed information regarding supervision, please consult the AACHP Supervision Policy document which can be downloaded from the members' page of the website at [www.aachp.com](http://www.aachp.com)***

<b>MINIMUM SUPERVISION REQUIREMENTS</b>	
<b>Minimum 10 Sessions per Annum</b>	
Min 50%	Max 50%
<b><i>1 on 1 Hypnotherapy Supervision</i></b>	<b><i>Other Supervision comprising of:</i></b>
<b><i>Minimum 5 Sessions per annum</i></b>	<b><i>Group Supervision and/or 1 on 1 Supervision with a mental health supervisor</i></b>

