



## **ABMT Supervision Policy**

The ABMT advertises that practitioners are 'in ongoing clinical supervision'. It is therefore important for the Association to state clearly what this means in practice and to monitor our registrants' supervision. This policy states the requirement for supervision in the two-year post-qualification period, and after this post-qualifying period.

### **ABMT Practitioner Register**

Practitioners must provide their current supervision details when applying to register with ABMT. When renewing membership, practitioners are required to confirm that they have met the supervision requirements set out in this policy. If a member is not currently practicing but intends to start, they are required to have appropriate supervision organised before their names can be added to the register.

### **Post Qualifying Period**

For the first two years post-qualification, a biodynamic massage therapist is under the aegis of their training institution, which takes some responsibility for the practitioner and their development. During this time, the training school determined whom the practitioner may choose to be their supervisor and how frequently they should see them. The ABMT fully supports the schools' requirements for supervision during this time.

The post qualifying period commences from the point at which the Certificate of Biodynamic Massage has been obtained, unless the newly qualified practitioner decides to take time out before starting a practice. In this case the post-qualification period will commence when they start practicing biodynamic massage.

Biodynamic massage practitioners who are continuing to train as body psychotherapists should refer to their training school for guidance on supervision arrangements for the duration of their training.

### **Supervision after Post Qualifying Period**

The minimum requirement for supervision is 12 hours per year. If the biodynamic massage practitioner is not on the ABMT register but seeing clients, they too are required to have supervision for ethical reasons.

Individuals must take responsibility for their own supervision arrangements and ensure that their supervision meets their needs given the number and mix of clients they are working with.

Supervision can be one-on-one or in small groups. The ABMT considers face-to-face supervision to be ideal, but remote supervision is also permitted where face-to-face is not feasible. Where practitioners are having remote supervision, face-to-face supervision should take place a minimum of 4 times per year.

### **Choice of Supervisor**

Supervision of biodynamic massage should be with an experienced UKCP registered body psychotherapist who is trained in biodynamic massage. Ideally, the supervisor should still use biodynamic massage as part of their practice, but ABMT will accept a UKCP registered body psychotherapist with experience in biodynamic massage even if they do not still use it in their practice.

### **Peer Supervision**

If the practitioner has peer supervision in addition to their one-on-one or group supervision, we recommend setting up some boundaries around confidentiality, and around where/when/how they meet, so that it is always clear to everyone when they are having supervision.

### **Difficulties**

If practicing members have any questions about the ABMT supervision policy, or are having difficulties meeting any of the requirements for supervision, they should contact the Professional Development Officer of the ABMT committee for assistance.