

Schema Therapy Training and Consulting

Estelle Macdonald

Registered Clinical Psychologist

Accredited Individual Adult and Child and Adolescent Schema Therapist and Supervisor

Supervision Contract 2025

Supervision is offered on the understanding that you are a qualified professional, licenced to practice and treat the kinds of clients you bring to supervision. The perspectives and recommendations that the supervisor offers are based on their understanding of best practice within the framework of the principles of clinical management, psychotherapy, and ethical practice nationally and internationally, as well as within the schema therapy framework. This is regularly informed by reading current literature, attendance at international conferences and contact with colleagues internationally.

Supervision is offered on a consultancy basis and the supervisor does not take clinical responsibility for the treatment and management decisions you subsequently take with respect to particular cases. It is your responsibility to make these decisions based on your knowledge of the case, your own clinical experience and your level of skill and knowledge of codes of conduct and ethical principles that apply in the clinical setting or country in which you work. Often the appropriateness of particular interventions depends on timing and only the clinician can be the judge of that in the context of how individual clients present week by week. The supervisor takes responsibility for alerting supervisees to some of the factors relevant to making specific management decisions and the selection and timing of interventions. Supervision may include helping you to evaluate the pros and cons of particular interventions in the context of particular clients.

Supervisees can also use the sessions to reflect on issues related to their own clinical responsibility so that they can make informed decisions in the challenging situations that they will inevitably encounter from time to time. You can discuss any aspect of this during supervision.

In accepting supervision, you are entering into a contract with the supervisor that carries responsibilities on both sides. These are summarised in the 10 points below:

- 1. Supervision: Roles, responsibilities, and ethical and professional guidelines.** Supervision is offered within the framework of the professional and ethical guidelines that govern Psychology internationally and locally, and of what the supervisor understands to be current best practice within Psychology both generally and within the Schema Therapy community. These provide the basis for the process of supervision, for the nature of the relationship between you and the supervisor, and for the guidance and suggestions made by the supervisor. Regulations and codes of conduct within which psychologists (and other health practitioners) work vary from country to country and across institutional settings. It is your responsibility to be familiar with the professional and ethical guidelines that apply to you. Clinical responsibility for management and treatment decisions taken by you rests with you, as explained above. You should therefore have your own practice insurance that covers you in the event that there is any ethical or legal complaint against you.
- 2. Format and content of supervision sessions.** Supervision sessions will normally begin with a discussion of the goals of the session, what issues will be discussed, and what cases will be

presented. This will provide an agenda for each session. Please take responsibility for prioritising what we look at in terms of interventions.

3. **Working with supervisees' own schemas and modes.** A therapists' EMSs are likely to be triggered by work with particular clients, resulting in therapists switching into coping modes in which they respond to clients in ways that are counter-therapeutic. Raising awareness of your own maladaptive schemas and coping modes is a part of the supervision process. You must be open to this kind of self-examination during supervision. Supervision does not replace personal therapy and you may be advised to work with a therapist on issues thus identified. However, a degree of personal disclosure is also called for as part of the supervision process.
4. **Confidentiality.** Case material, as well as your own experiences, that are shared in supervision are confidential and the supervisor will not disclose it to third parties except in appropriate professional settings. You also undertake to maintain the confidentiality of such material. Any case material disclosed to you by the supervisor is also confidential and may not be disclosed to third parties. The supervisor will make brief notes on the material discussed in supervision which will be stored with other clinical material in a locked folder on their computer and/or in hard copy in a filing cabinet in their office. These records will not be made available to third parties.
5. **Availability between sessions.** The supervisor can offer limited supervision between sessions, for example, by mail, or by phone or internet in case of emergency. There will normally be no charge for a brief exchange, but should more extensive supervision be required, a charge will be made.
6. **Supervisees' commitment.** When you sign up for supervision it is expected that you will do your best to commit to supervision sessions and give at least 48 hours' notice if you are not able to attend a session.
7. **Evaluation, quality control and feedback.** No formal system of evaluation is used, but you are invited to give feedback on a regular basis. Should you feel that the supervision is not meeting your needs and is not covering what is supposed to be offered, you are invited to let the supervisor know either during the supervision itself or in writing afterwards (e.g., by email).
8. **Annual Review.** At the beginning of each year, in line with the above principles, you will be invited to review your progress in developing as a schema therapist in order to help you acknowledge and recognise the strengths and skills you already have, and also to identify areas which need attention and points of growth that you can focus on in the year ahead. Your supervisor will engage you in a discussion of this and you are encouraged to reflect as deeply as you can in order to orient yourself for the year ahead. If you are working towards certification, you should identify steps that will lead you towards that goal. This might include:
 1. Working systematically with the Case Conceptualisation form on one or two cases.
 2. Submitting one or more session recordings to the supervisor for feedback.

How to use supervision effectively

As a busy clinician it can be easy to slip into using supervision as a way to address immediate concerns and crises. While there is a place for this, it is not the way to master schema therapy because effective schema therapy depends on thoughtful case conceptualisation. It is best to use supervision strategically to work towards particular goals with respect to your development. Review your progress regularly and reconsider what these goals are. The supervisor will usually ask you to reflect on this at the beginning of each new year, but it can help to do this more often.

Supervision is intended to help you with all phases of your interaction with a client: assessment, case conceptualisation, therapy contract, and the therapy itself. It can therefore also be useful to bring to supervision questions about the therapy process but also about the assessment process.

Here are several ways you can focus the supervision process to help you develop your clinical skills for any phase of the process.

- 1. Present a typed case summary.** Type out a summary of information about a case. Include details of the history, diagnosis, presenting problems, analysis of schemas and modes, goals for therapy, challenges, and questions. We can then use this as a starting point for the supervision. This is more efficient than a verbal presentation because, in preparing it, you will start to organise the material coherently and you will need to spend less time summarising the information for the supervisor and group.
- 2. Ask focused questions.** Prepare one or more focused questions on how to work with a particular problem you are experiencing with a client or a technique. For example, you might have a question about how to proceed with an imagery rescripting or chair work process where you felt you got stuck. You could also present the problem in a short, typed summary with a bit of background to the case and what you were trying to achieve with whatever intervention you need help with.
- 3. Present segments of audio or video recordings.** Select a short extract from a session and play it during the supervision session. This should illustrate difficulties or challenges you are facing or questions you want help with. It is easy to share a recording whether working online or in face-to-face supervision.
- 4. Review a recording of a whole session.** Submit a whole session to the supervisor for review and evaluation. The supervisor will listen to it outside of the supervision session (**a charge is made for this**) and report back during the next session or in the form of written feedback. This enables the supervisor to monitor closely how supervisees are conceptualising in practice, how they are relating to the client, and how effectively they are using specific interventions.
- 5. Work with the case conceptualisation form.** You can focus on one or two cases and present them repeatedly in an ongoing process during which you build up a systematic summary of information gathered during the assessment phase and update it with new information as it emerges during the therapy. Enter the information into the *Schema Therapy Case Conceptualisation Form*.

Payment

1. Supervision sessions cost NZ\$220 per 60-minute session.
2. An invoice is sent after the session and payment is expected within 7 days.
3. No further supervisory sessions will be undertaken until the previous session has been paid for.
4. If a session is cancelled with less than 48 hours' notice, then a NZ\$110 fee will be charged.

Please go to next page to sign and consent to supervision

Supervisee's details and signature indicates consent to engage in supervision sessions

Name:

Phone:

Email:

Signature:

Date:

Supervisor

Name: Estelle Macdonald

Phone: +64 27 9354418

Email: info@estelleclinpsych.co.nz

Signature:

Date: