

Tips for Successful Remote Supervision



In addition to offering supervision face-to-face, supervisors should also be proficient in supervising via other modalities. Given the increase in remote working, there is now a greater need for supervision to occur through other formats including telephone or virtual methods.

The British Psychological Society (BPS, 2020) encourages supervisors to undertake appropriate training in online working to competently deliver virtual supervision. This can be achieved through webinars, reading literature, or receiving supervision themselves from others who are experienced in providing online supervision.

It is recommended that the amount of supervision provided should be consistent whether offering telephone, online, or face-to-face supervision.

The quality of supervision is dependent on many factors, with the supervision relationship between supervisor and supervisee being most fundamental. This alliance is especially important when offering supervision remotely.

Supervision should holistically provide opportunities to discuss ongoing casework, professional development, overall workload, organisational/placement challenges, and personal issues.

Considerations for Remote Supervision

To enhance the quality of remote supervision, the following guidelines are recommended:

- Time dedicated in the early stages to develop the supervisory relationship
- A confidential, uninterrupted space for supervision to occur
- Scheduled, regular supervision sessions
- Use headphones if necessary to ensure confidentiality
- Ensure a reliable telephone/internet connection, audio equipment and sufficient lighting
- Explicit consent and secure storage for recorded supervision sessions or presentations
- Agreed process for record keeping (e.g. completing, sharing, signing of logbooks)
- Aim to be available for informal discussions and guidance between supervision sessions
- Consideration of the impact of *remote* supervision on:
 - Supervisory relationship
 - Ability to consult and collaborate
 - Risk assessment
 - Evaluation and outcome measures (e.g., assessing competencies)

Resource adapted from:

1. The British Psychological Society. (2010). *Additional guidance for clinical psychology training programmes: Guidelines on clinical supervision*.
2. The British Psychological Society (2020). *Digital adaptations to supervision and observations*.