

## AEDP CERTIFIED SUPERVISOR GUIDELINES

June 2020

Listed below are the minimum requirements for certification as an AEDP Supervisor.

Please note that this role requires the applicant to be a certified AEDP therapist with demonstrated capacity to hold the integrity of the AEDP model, with the experience as an assistant in an Essential Skills course, Core Training or small group supervision. One can apply to enter the supervisor track by writing a letter of interest and intent to two faculty members who are familiar with your work, where one will THEN nominate you. The entire faculty will be canvassed for support of this nomination for you to enter the supervisory track.

The amount of supervision of supervision required\* for each applicant will be considered at the discretion of the Institute and the nominating faculty members.

- 1) Professional mental health licensure or certification for practicing as a psychotherapist in the relevant state, province, country.
- 2) Membership in the AEDP Institute
- 3) A minimum 2-year period of practice between AEDP THERAPIST Certification and becoming a supervisor. In these two years, we anticipate a deepening of AEDP practice, continued and growing involvement in the AEDP community and entering the supervisor-in-training path.
- 4) Completion of 12 hours of AEDP continuing education\*\* every two years following AEDP Certification
- 5) Participation in ongoing contribution and involvement in the AEDP community, such as: moderating the listserv, contributing to listserv discussions, assisting at AEDP courses, attending workshops and seminars, participating in peer supervision, and/or writing for the Transformance Journal.

## 6) Supervision of supervision.\*

- a. As supervisors-in-training, you will be recording your supervision sessions.\*\*\* Minimum hours of supervision of supervision (readiness is determining factor): 20 individual or 30 group (or equivalent ratio).
- b. Supervision of supervision is to be divided equally between two faculty supervisors who oversee your work with at least two different supervisees.
- c. Examples of pathways others have followed to work with supervisees and receive supervision of supervision\*\*\* (availability of these options may vary):
  - i. Recording individual supervision sessions and receiving supervision of supervision on these tapes with a supervisor;
  - ii. Running a small supervision group of AEDP therapists-in-training, and receiving supervision of your taped group sessions;
  - iii. Supervision of a small group (online or live) which your supervisor also attends and from whom you will receive supervision of the group supervision.
  - iv. Participation in a supervision of supervision group: four supervisors-in-training take turns supervising each other one dyad at a time, which is recorded, while others witness and faculty supervisor witnesses and gives feedback;
  - v. Participation in a Core Training and (1) observing faculty supervision and offering one hour of free individual supervision to each CT participant, taping those who consent and receiving supervision of supervision or (2) participating in the CT offering your feedback to CT participants over the course of the weekend and receiving supervision of supervision from helm faculty and/or visiting faculty, in private, on the last day of each weekend (with the number of supervision-of-supervision hours to be determined by the helm faculty).

- 7) Recommendation from two faculty supervisors to proceed with the final step: writing a reflective paper (10-15 pages).
- 8) Writing a reflective paper that communicates a theoretical understanding of AEDP with specific application to the supervisory process to be submitted for review. (Please see “supervisor paper” for details. An article published in *Transformance* or in another journal may SOMETIMES suffice.)

\* Supervision of supervision requirement may vary depending the specific recommendation of supervising faculty members who design the track most fitting for each applicant.

\*\*AEDP Continuing education hours can be earned in most AEDP seminars, workshops, supervision, consultation, core training, assisting AEDP essential skills or AEDP advanced skills. A letter verifying continuing education credits should be submitted to [carolyn.f@aedpinstitute.org](mailto:carolyn.f@aedpinstitute.org) along with your paper.

\*\*\*Just as when beginning to video record work with clients, you are expected to have a conversation with each new supervisee about video recording and obtain their written consent to be recorded. In your conversation and written consent with your supervisee, it will be important to note that you will be recording not only the supervisee, but also their video recording of their client. Please let your supervisee know that you can delay recording their client work, while they check their consent or obtain consent from their client.