

Clinical Supervision

Thank you for enquiring about our occupational therapy clinical supervision services. Cup-O-T: Wellness and Therapy Services is a non-profit organisation with an aim to make mental health services available at an early stage for young people, families and communities. We provide therapy and training through contracted services as well as delivering free programmes of support from funding and donations received.

Requirement for supervision

The Royal College of Occupational Therapists (RCOT) Standards of Professional Practice 2021 state that, 'As a practitioner, you receive and/or provide regular professional supervision and appraisal, where critical reflection is used to review practice. This may be provided locally or via long-arm support.' In addition to this the RCOT outlines: " If you seek or are asked to work in areas within which you have less experience, you ensure that you have adequate skills and knowledge for safe and effective practice and that you have access to appropriate supervision and support."

The Care Quality Commission, (C.Q.C.) 2013 say that professional supervision should be used by, 'legally responsible registered providers...and staff across all care settings.' It is also recommended by the Health and Care Professions Council, (HCPC 2017a, p5).

What will supervision entail?

We will have monthly online supervision, in line with recommended supervision frequency. This may be individual supervision or group supervision with other occupational therapists in your team or in a similar area of practice. We will build up a great working relationship and work hard to tackle whatever current issues /dilemmas /problems you bring. We will always email you a summary, action plan and evidence of each [HCPC](#) requirement so your CPD file is always current and up to standard if you are audited.

Supervisor background and experience

Catherine Gray is a registered occupational therapist and EMDR therapist with experience working with young people and adults in a range of mental health settings. Below is a summary of her clinical and academic experience:

- 2007-2010 BSc (hons) Psychology, University of Lincoln.
- 2010-2014 Community mental health (adults).
- 2012-2014 MSc Occupational Therapy, University of East Anglia.
- 2014-2016 Youth Mental Health (14-25), NSFT Great Yarmouth and Waveney.
- 2016 Secondment to Early Intervention Psychosis, NSFT Great Yarmouth and Waveney.
- 2016-2018 Research and development, NSFT, psychosis and youth research studies.
- 2018-2021 Perinatal Mental Health Team, NSFT.
- 2019 EMDR Therapy training.
- 2021 EMDR Therapy for children and adolescents Level 1 & 2



Cup-O-T:
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- 2017 - to present Cup-O-T: Wellness and Therapy Services - young people (7+), families & communities.
- Associate and guest lecturer: University of East Anglia, University of Essex, University of Worcester, University of York St Johns, University of Plymouth and University of Hertfordshire.
- Experienced placement educator for occupational therapy students.
- Additional training in: MOHO, VdTMoCA, MOVI, DBT skills, AMBIT, AI-EMDR.

Supervision fees

Self funded 1-2-1	£75per hour
Self funded group	£45 per person (2 hour session, 2-4 attendees required)
Service funded individual supervision	£85 per hour
Service funded group supervision (maximum of 4 supervisees)	£250 for 2 hours.

Supervision fees include: supervision time, a written summary of the supervision session, an action plan, and recorded evidence of each HCPC standard.

Block booking for service commissioned clinical supervision.

Where a service is commissioning clinical supervision for their staff, we require a quarterly block booking to be paid in advance of the quarter commencing.

We hope to work alongside to support you or your team in the near future. If you have any questions or would like to book supervision services, please email info@cup-o-t.co.uk

Yours sincerely,

Catherine Gray
CEO and Lead Therapist

Registered Occupational Therapist, MSc, BSc(hons), MRCOT, MRCOTSS-IP, MRCOTSS-MH, HCPC.EMDR Practitioner(EMDR UK, EMDR Europe), adults, adolescents and children (advanced level 2).

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