

Clinical supervision consists of the a therapist meeting regularly with another professional, not necessarily more senior, but normally with training or considerable experience in offering clinical supervision, to discuss patient material and other professional issues in a confidential, structured way.

As well as the conscious content of the session, psychoanalytic supervision pays particular attention to unconscious processes operating in the patient–therapist dyad. In so doing the aim is to both provide opportunities for understanding and reflection as well as discussing strategies as to how best to use such insights in the service of the work and to ensure good practice and patient safety.

For trainee therapist or counsellors, clinical supervision is one of the most effective ways for experiential learning about the art and science of psychotherapy and is a requirement for many trainings.