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### How often is “regular” supervision?

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#### Categories

5 - Professional responsibility

#### Abstract

##### Introduction

Most addiction practitioners in Aotearoa New Zealand engage in one hour of clinical supervision per month. Addiction practitioners in certain states of the USA engage in clinical supervision at one hour per week. Most of the similar registered allied health professions in Aotearoa New Zealand such as psychologists, counsellors and social workers, engage in supervision at about one hour per fortnight.

##### Methods

A systematic review of literature examining the frequency of supervision sessions was performed. The main data extracted from the results was the number of hours the addiction workforce engaged in clinical supervision per month. Best evidence synthesis and descriptive statistics were used to analyse the data.

##### Results

The search of online academic databases produced sample of ( $N=6$ ) sources which satisfied inclusion criteria. Each source suggested a best practice approach to frequency of clinical supervision sessions for the addiction workforce. Of these 6-results the mean recommendation was 2.85-hours of clinical supervision per month. Two results recommended 4-hours per month, one 3-hours, one 2.65-hours, one 2-hours, and one 1.5-hours.

##### Conclusion

National surveys of the addiction workforce indicate that we are currently engaging in supervision at a frequency of one-hour per month. The data in this sample indicates that the addiction workforce should engage in supervision at least twice as much as we are currently. Variables observed to influence supervision frequency are qualifications/experience, hours worked/caseload, and financial limitations.

**Disclosure of Interest:**

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**Biography**

Mr Alexander El Amanni is a qualified and registered addiction practitioner and counsellor. He is employed by Kāhui Tū Kaha, a Ngāti Whātua organisation based in Tāmaki Makaurau. Alex is also a postgraduate student researching addiction studies at the University of Auckland.