

The value of recordings in clinical supervision and challenges of implementation

NICHOLAS KERSWELL¹, LEITH MORRIS¹

¹*School of Psychology, The University of Queensland, Brisbane, Australia.* Presenter's email: n.kerswell@uq.edu.au

Background: Best practice clinical supervision requires audio/visual recordings of supervisees therapy sessions however supervisees can be ambivalent about recording. Clinical supervision is limited in the Alcohol and Other Drugs (AOD) sector, with the use of recordings unknown. This study explored the challenges and successes of implementing audio recordings in regular clinical supervision within an AOD service.

Description of Model of Intervention: Qualitative interviews were undertaken with counsellor/case workers ($n = 11$) working for a non-government AOD treatment service in Brisbane. The counsellor/case workers were participants in a brief intervention trial consisting of three modules delivered across 2-3 sessions. Interviews were recorded and thematically analysed, and treatment data were analysed to determine the number of eligible therapy sessions recorded.

Effectiveness: During the recording period 257 clients completed Module 1, of which 198 also completed Module 2. Twenty-eight clients completed Module 2 separately to Module 1. Of the 198 clients who completed Module 2, 126 subsequently completed Module 3. Sixty-eight sessions were recorded: 43 for modules 1 and 2, and 25 for module 3. Feedback from supervisees consistently indicated that session recordings were beneficial to clinical supervision and enhanced critical reflection on practice.

Conclusion and Next Steps: Supervisees value therapy session recordings to support critical reflection and skills development, however approximately 80% of potentially recordable therapy sessions were not recorded. Determining ways to encourage supervisees recording sessions is warranted.

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