

WORKLOAD AND SUPERVISION: BAPT GUIDANCE FOR GOOD PRACTICE

WORKLOAD:

The British Association of Play Therapists (BAPT) recommends that the workload of a full time Play Therapist should not exceed 16 face-to-face Play Therapy sessions with children in any one week. Anything between 12-16 sessions in any one week would be considered acceptable. It is also advised that a Play Therapist have no more than four face-to-face clients in a day.

The above recommendation is arrived at by considering the professional tasks associated with each face-to-face session with the child. These include: reading notes, preparing the room and equipment, post-session processing and recording, and clearing up. Further professional tasks associated with a Play Therapist's work commitment include: meetings with other professionals and agencies, meetings with parents/carers, telephone calls to parents/carers and other professionals, travel, own supervision, research, training and continuing professional development, staff meetings, referral and review meetings, and reports.

These commitments may fluctuate from week to week but BAPT would expect that the above would take up the remainder of the working week. It is the Play Therapist's responsibility to manage his/her caseload and have a mix, when possible, of complex cases with other less complex ones.

SUPERVISION:

To maintain Full membership of BAPT, an annual MINIMUM of 4 hours of individual supervision is a requirement. BAPT strongly advises that for Play Therapists with a full-time workload as stated above, 4 hours (or 24 for newly-qualified Play Therapists with less than one year's experience) is INSUFFICIENT. BAPT recommends a structure of one supervision hour each week for a full-time work commitment of 12-16 face-to-face Play Therapy clients (pro rata for part time.) For newly-qualified Play Therapists, there is a minimum annual requirement of 24 hours, or a 6:1 ratio of session hours to supervision hours.

It is the responsibility of the Play Therapist to inform the workplace of the need for supervision and to ensure that it is sufficient to meet their own and their clients' needs. Complex cases usually need more liaison, record-keeping and possibly, supervision time.



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