

# AOTEAROA NEW ZEALAND ASSOCIATION OF PLAY THERAPY MANATŌPŪ INCORPORATED

## Supervision and CPD Guidelines

A key element of professional practice is regular, ongoing clinical supervision and continuing professional development activities (CPD). Practising members bear the cost of this currency of practice in order to become members and to maintain their membership each year. It is expected that members will explore CPD plans with their supervisors throughout the year.

Clinical supervision is a formal relationship with an experienced clinician, someone that you pay for each session and the supervisor should have no direct relationship to your workplace or to overseeing your employment. There must be no dual relationships between you and the supervisor such that you are not able to be perfectly candid (without repercussions at work).

All ANZAPT members who are practising – that is, engage directly with clients or students, must commit to continuing professional development and supervision. This is to ensure that they retain their capacity to practice safely, ethically, effectively and legally. It is expected that practising members will be engaged in child-centred play therapy for payment at a minimum of 50 hours each year (or 150 hours averaged over the last 3 years if a break has occurred). If you are unwell or not working to this level, you may move to the membership category of Adjunct. Please let us know if your circumstances change by emailing [membership.anzaptnz@gmail.com](mailto:membership.anzaptnz@gmail.com)

If members let their membership lapse and want to renew ANZAPT membership sometime later, they will be required to provide evidence that they have kept up CPD and Supervision before we can re-admit them as a practising member. If you have been ill and not worked, then exemptions may apply. ANZAPT cannot allow people to join or re-join after significant absences without checking that they can work competently and ethically.

Supervision is a partnership. It is a contractual, collaborative and confidential process, based upon informed consent. Play therapists and supervisors shall be jointly responsible for establishing a supervision contract, which should be regularly reviewed and time-limited. Where applicable the contract should define the nature and responsibilities that relate to relationships such as training institutions, third party funders and employers.

Supervision both builds on the strengths and successes of the play therapist and is expected to address weaknesses and areas for development by the play therapist

## Responsibilities in Supervision

Play Therapists shall be responsible for:

- selecting and taking to supervision relevant aspects of their work and their personal functioning
- developing their inner supervisor to assess personal and professional growth, both through the acquisition of skills, and through the development of genuineness and congruence in CCPT sessions
- demonstrating working knowledge and understanding of legal and ethical issues from a child-centred perspective and demonstrates understanding of norms and stages in child development and respect for social/cultural diversity
- discussing continuing professional development plans throughout the year

Supervisors shall be responsible for:

- assisting play therapists to explore and address their professional practice
- helping play therapists to monitor their competence, safety and fitness to practice
- disclosing concerns about the play therapist's work with them before taking further action
- maintaining the boundaries between supervision and other relationships the supervisor may have with the play therapist
- aligning with ANZAPT's core competencies for play therapy practice, ensuring supervisees meet these standards in their work with tamariki
- guiding student supervisees through the requirements of ANZAPT accredited training programs, ensuring alignment with clinical and academic standards
- ensuring each play therapist in a group supervision contributes equally

Play Therapists and supervisors are jointly responsible for:

- distinguishing between supervision relationships and other professional or personal relationships.
- identifying when the play therapist needs to seek counselling for personal concerns.

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