

## **More Information on Informed Consent & Confidentiality Regarding Recording of Sessions for Supervision**

To support my ongoing development as a counsellor, some sessions may be audio or video recorded. These recordings are used strictly for the purposes of professional supervision, skills development, and (with your specific consent) possible inclusion in ethically approved research related to counselling practice.

All recordings are:

- Confidential and stored securely in password-protected, encrypted digital formats.
- Accessible only to myself, my approved clinical supervisor(s), and relevant academic staff (where required).
- Used solely for the purposes outlined above and are deleted after their use is complete or upon your request.
- Session notes and recordings are stored securely and will be retained for seven (7) years after our final session, after which they will be permanently deleted.
- Participation in recorded sessions is completely voluntary, and you may decline or withdraw consent at any time without affecting your access to counselling.

Because therapy is a deeply relational and experiential process, I may at times record sessions (video or audio) for supervision. Both the AEDP (Accelerated Experiential Dynamic Psychotherapy) and Gottman approaches emphasize the importance of reviewing actual sessions, since so much of therapy happens in the small moments of connection, emotion, and interaction that can be missed if I only describe them afterwards.

These recordings allow me to receive feedback and guidance from a senior therapist so that I can continue to grow and offer you the best possible care. Supervision in this way is not about evaluating you, but about supporting me as your therapist. Reviewing recordings helps highlight what is working well and strengthens my ability to be present and effective in our work together.

Your recordings are kept securely, used only for supervision, and deleted once they are no longer needed. You are always free to decline being recorded, and your decision will not affect your therapy in any way.

For more details for how AEDP (Accelerated Experiential Dynamic Psychotherapy) and Gottman approaches support recording of sessions for supervision you can find below.

## **Here's how AEDP supports the practice recording of sessions for supervision:**

### *1. Fidelity to the Method*

- AEDP is highly experiential, moment-to-moment, and relies on microtracking shifts in affect, relational contact, and somatic markers.
- Because so much hinges on the therapist's moment-to-moment presence, supervision based only on notes or memory misses the nuance. Video preserves the full intersubjective process for supervisors to see what actually happened.

### *2. Supervision as Transformational*

- AEDP treats supervision itself as an experiential, transformational process. Just as clients heal by being witnessed in their core affective experiences, supervisees grow by being compassionately witnessed in their work. Watching tape allows supervisors to attune to the supervisee's strengths, struggles, and growth edges in vivo.

### *3. Corrective Emotional Experience for Therapists*

- Many therapists carry shame or anxiety about their work. AEDP supervision explicitly focuses on privileging what goes well first ("affirm the positive"). Video gives concrete evidence of the supervisee's effectiveness, which helps metabolise shame and fosters confidence.

### *4. Building Internal Secure Attachment*

- AEDP supervision is meant to install an "internal supervisor"—an inner secure attachment figure who guides the therapist in the room. Reviewing tapes with a supportive supervisor strengthens this internalisation process, because the therapist can see and feel what they did well and how they can grow.

### *5. Deepening Clinical Skills*

- By slowing down tape, supervisors can highlight micro-moments of rupture, repair, or transformation that might otherwise be missed. This sharpens the supervisee's right-brain tracking, somatic awareness, and affective attunement—skills at the heart of AEDP.

So, AEDP doesn't just say "recordings are best practice." It frames taped sessions as essential because:

- AEDP is an embodied, relational method best understood in lived interaction.
- Supervision is itself a healing, experiential process where video provides the richest, most accurate material to work from.

In other words, taping is not only a way to “check accuracy” but a way to make supervision itself a parallel process of AEDP—transformational, experiential, and growth-oriented.

## **Here’s how Gottman method supports the practice recording of sessions for supervision:**

### *1. Research-Based Origins*

- Gottman’s whole method is grounded in decades of videotaped observation of couples in their “Love Lab.”
- Because micro-expressions, tone of voice, physiological cues, and interactional sequences are central, videotaping allows therapists and supervisors to track the couple’s dynamics with the same fidelity that the research was built on.

### *2. Accuracy of Assessment*

- Gottman Method Couples Therapy uses structured interventions (e.g., the Conflict Blueprint, Dreams Within Conflict, Rituals of Connection). Supervisors need to see how therapists guide couples in these exercises. Notes or summaries risk missing crucial interactional moves, timing, and affect.

### *3. Preventing Therapist Filtering*

- Therapists often report sessions in ways shaped by memory, bias, or shame. Video removes that filter and lets supervision focus on what actually happened rather than what the therapist thinks happened.

### *4. Highlighting Strengths and Corrective Experiences*

- Gottman supervision, like AEDP supervision, emphasizes what the therapist is doing well first. Video provides concrete examples of effective interventions and moments of connection, which helps therapists internalize confidence and competence.

### *5. Skill-Building Through Replay*

- Supervisors can pause, rewind, and role-play alternative interventions. This micro-analysis sharpens the therapist's timing, language, and attunement in ways that simply talking about a session can't achieve.

### *6. Ethical and Professional Development Standards*

- The Gottman Institute recommends (and for certification, requires) taped sessions for review. It ensures therapists are delivering the model with fidelity and are engaging in high-quality professional development.

So, in short: taping is best practice in Gottman Therapy because the method itself was built on video observation of couples, and supervision with video ensures accuracy, fidelity, and growth in the same way the research foundation was laid.