Association of
Biodynamic Massage Therapists

ABMT Supervision Policy

The ABMT advertises that practitioners are 'in ongoing clinical supervision'. It is therefore important for the Association to state clearly what this means in practice and to monitor our registrants' supervision. This policy states the requirement for supervision post-qualification.

ABMT Practitioner Register

Practitioners must provide their current supervision details when applying to register with ABMT and when renewing their membership. When renewing, members are required to confirm that they have met the supervision requirements set out in this policy. If a member is not currently practicing but intends to start, they are required to have appropriate supervision organised before their names can be added to the register.

Post Qualifying Period

For the first two years post-qualification, a biodynamic massage therapist is under the aegis of their training institution, which takes some responsibility for the practitioner and their development. During this time, the training school determined whom the practitioner may choose to be their supervisor and how frequently they should see them. The ABMT fully supports the schools' requirements for supervision during this time.

Biodynamic massage practitioners who are continuing to train as body psychotherapists should refer to their training school for guidance on supervision arrangements for the duration of their training.

Supervision after Post Qualifying Period

The minimum requirement for supervision is 12 hours per year or at a minimum ratio of one supervision session for every six client hours.

Individuals must take responsibility for their own supervision arrangements and ensure that their supervision meets their needs given the number and mix of clients they are working with.

Supervision can be one-on-one or in small groups with a qualified supervisor. The ABMT considers face-to-face supervision to be ideal, but remote supervision is also permitted where face-to-face is not feasible.

Choice of Supervisor

Supervision of biodynamic massage should be with an experienced UKCP registered body psychotherapist who is trained in biodynamic massage. Ideally, the supervisor should still use biodynamic massage as part of their practice, but ABMT will accept a UKCP registered body psychotherapist with experience in biodynamic massage even if they do not still use it in their practice.

Association of
Biodynamic Massage Therapists

Peer Supervision

If the practitioner has peer supervision in addition to their one-on-one or group supervision, we recommend setting up some boundaries around confidentiality, and around where/when/how they meet, so that it is always clear to everyone when they are having supervision. Peer supervision sessions will not count towards the minimum supervision requirement.

Difficulties

If practicing members have any questions about the ABMT supervision policy, or are having difficulties meeting any of the requirements for supervision, they should contact the Professional Development Officer of the ABMT committee for assistance.

Last reviewed: August 2025