

## **Information on becoming a Supervisor for a NZ Registered Music Therapist Supervision Database and Supervision responsibilities**

### **Supervision Database for NZ RMTh**

The Registration Board recommends that supervisors:

- are experienced music therapists (at least five years clinical experience), however if a NZ RMTh has evidence of formal supervisor training, this requirement is reduced to three years
- preferably have had supervision training
- engage in individual supervision themselves with an experienced supervisor.

There are no specific qualifications for music therapy supervisors in Aotearoa New Zealand.

Current and potential supervisors are encouraged to consider carefully the scope of the supervisory work they offer, and their own professional development and supervision needs. The Board will assess all applications to be added to the supervision database listed on the website. Please write or send an email to: [registrar@musictherapy.org.nz](mailto:registrar@musictherapy.org.nz)

### **Obligations of a Supervisor**

On the annual renewal application form (F2) supervisors are asked to make a declaration stating:

This practitioner has met the minimum requirements for:

- relevant continuing professional development (CPD) and
- professional supervision appropriate to their role and experience, and
- I am satisfied that they have demonstrated professional development relevant to their goals and provided critical practice reflection.
- I confirm I have seen and read the Principles for Ethical Music Therapy Practice in Aotearoa New Zealand.

It is important that the supervisor has had enough contact through the supervisory relationship to be able to validate the Principles for Ethical Music Therapy Practice in Aotearoa New Zealand and the professional competency of the NZ RMTh.

### **Choosing a supervisor: Considerations for supervisors and supervisees**

As supervision is a relationship based on trust and support, it is important to consider the supervisee's current professional needs and what is required from supervision. It can be useful to inquire about the supervisor's experience and qualifications, their clinical experience, and the approach offered.

As part of the supervisory relationship there is a recommendation that a clear contract is generated between both supervisor and supervisee. A contract will outline the expectations and parameters of supervision and fees.

The frequency of supervision will also be negotiated with the supervisor. The Registration Board requirements are for at least one hour of supervision per month (at least ten hours per year). More frequent supervision (fortnightly or weekly sessions) is advised for early career music therapists, and for those with full caseloads and/or challenging clinical work.

In New Zealand, geographical challenges may impact on accessing supervision face-to-face. Many supervisors will offer alternative methods of conducting supervision, e.g. Teams or Zoom.

### **Background information on the supervision requirements for a NZ Registered Music Therapist and the annual practising certificate (APC)**

Music Therapists who are registered by the New Zealand Music Therapy Registration Board must hold a current Annual Practising Certificate in order to practise in New Zealand. In order to apply for the renewal of an Annual Practising Certificate, a music therapist must provide evidence of:

- Music therapy practice
- Continuing music therapy and professional learning and development
- Regular ongoing supervision

All NZ RMTh have signed the Principles for Ethical Music Therapy Practice in Aotearoa New Zealand.

## **Supervision in relation to annual practising certificate renewal**

Supervision is one of the requirements for the NZ RMTh in maintaining their professional registration and annual practising certificate through the New Zealand Music Therapy Registration Board.

The Registration Board requires all NZ RMTh to attend regular ongoing supervision.

Individual supervision must be with an experienced Registered Music Therapist, or a person qualified in a related discipline, who is also bound by a professional code of ethics and/or standards of practice (similar to the Principles for Ethical Practice of Music Therapy in Aotearoa NZ).

Supervision is to:

- Ensure that therapists maintain their knowledge, skills and understanding of music therapy as a distinct discipline
- Ensure that therapists have the requisite knowledge and skills to work safely in the settings in which they practice
- Ensure that therapists have opportunities to engage in critical reflection about their work

The Registration Board may need to make a determination on the suitability of an individual to provide supervision if their profession does not adhere to a rigorous code of ethics, or if they hold no professional registration, regardless of their relevant experience in the field.

Group supervision also needs to be facilitated by an experienced RMTh or a suitably qualified and registered person from a related discipline while peer supervision is co-facilitated by attending music therapists.

**Peer supervision** involves formal connections between NZ RMThs or those in related professions who co-facilitate the supervision process as a means of developing their respective competence and effectiveness as allied health professionals. Peer supervision can occur in pairs and/or groups, at an arranged time and place where confidentiality is maintained. Peer supervision is a structured, intentional process following a clear agenda and does not include regional meetings, team meetings or site meetings/visits.

There is a requirement that supervision takes place at least monthly; with a minimum of 10 hours per year. This may be generated using a range of individual, group or peer supervision. NZ RMThs who are music therapy supervisors are also required to meet this minimum requirement of supervision.

The Registration Board recommends that NZ RMThs seek individual or peer supervision with a NZ RMTh, especially if they are not in regular contact with other Registered Music Therapists as part of their clinical or therapeutic work.

As part of the annual renewal of practising certificates, a supervision log must be completed and included in the renewal application. Music therapists usually have one main supervisor who is asked to confirm and sign the supervision log. Most commonly this is from individual or group supervision.

## **Relevant documents**

Supervisors should ensure they have read and understood the Principles for Ethical Music Therapy Practice in Aotearoa New Zealand. [2026-04-01 Principles for Ethical MT Practice Final.pdf](#)

For further information contact: the Registrar, Barbara Lewis: [registrar@musictherapy.org.nz](mailto:registrar@musictherapy.org.nz)

June 2026