

Osteopathy Supervision

with Andrew Charalambous



When progress stalls, patient expectations are difficult to navigate or you want a considered discussion outside your workplace, Elevate gives you dedicated time to reflect. Work through your clinical reasoning, management decisions and communication with Andrew Charalambous, an Osteopath with private practice experience and a substantial background in professional supervision.

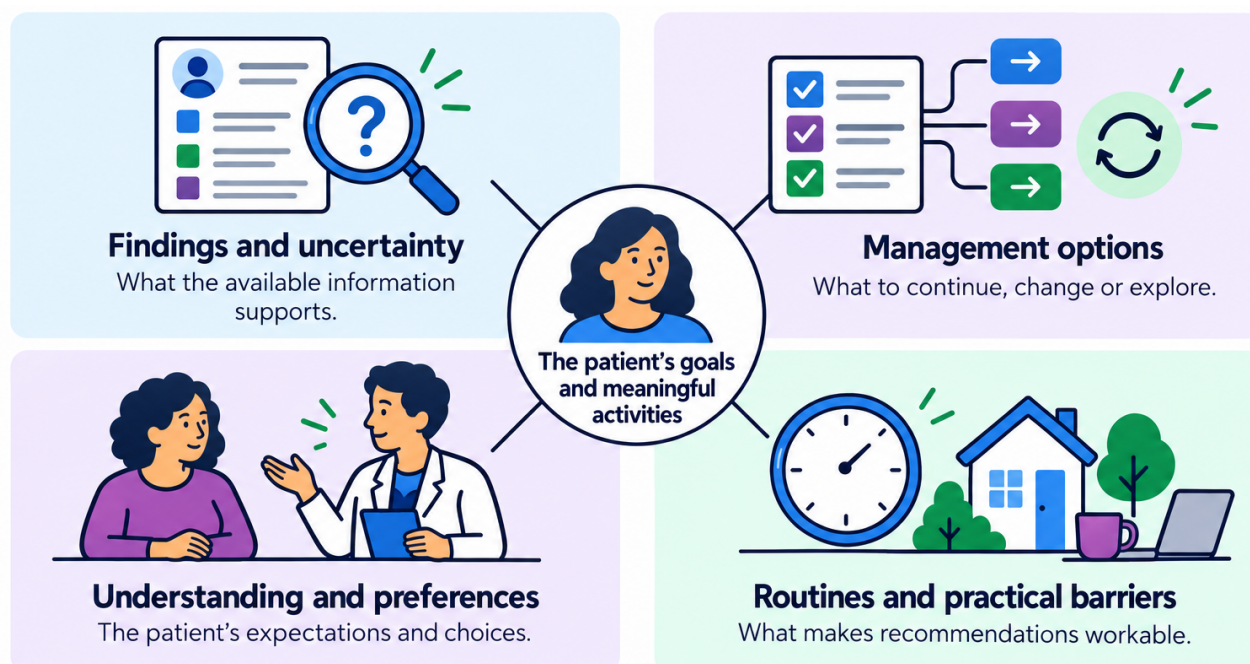
Why work with Andrew

Andrew's osteopathic experience includes private practice at Alliance Health Clinics and Knox Osteopathic Clinic between 2017 and 2025. He holds a Master of Health Science in Osteopathy from Victoria University and is the founding director of Back to Basics Health Group. He is also an Occupational Therapist and Advanced Behaviour Support Practitioner.

Andrew has delivered formal supervision and informal mentoring to OTs and BSPs for many years. Elevate combines that supervision experience with his osteopathic background to support reflection on your practice. The structured program aligns with the Victorian Allied Health Clinical Supervision Framework.

Space to examine decisions and develop your practice

Supervision gives you space to examine your reasoning, consider uncertainty and explore whether your recommendations are understandable, acceptable and workable in the patient's everyday life.



Support matched to your stage of practice

Bring a case, a communication challenge or a decision you want to examine. Together, you and Andrew reflect on your reasoning, consider other perspectives and agree practical next steps.

Where you are in your practice	What supervision can focus on
Early career or new to a setting	Structure consultations, connect findings to management decisions and recognise when further input is needed.

Where you are in your practice	What supervision can focus on
Consolidating your practice	Explain your reasoning, review progress and adapt recommendations to the patient's goals and circumstances.
Experienced practitioners	Test assumptions, reflect on uncertainty and consider alternative approaches to persistent practice challenges.
Senior clinicians and team leaders	Give useful clinical feedback, support colleagues' reasoning and reflect on clinical oversight and leadership.

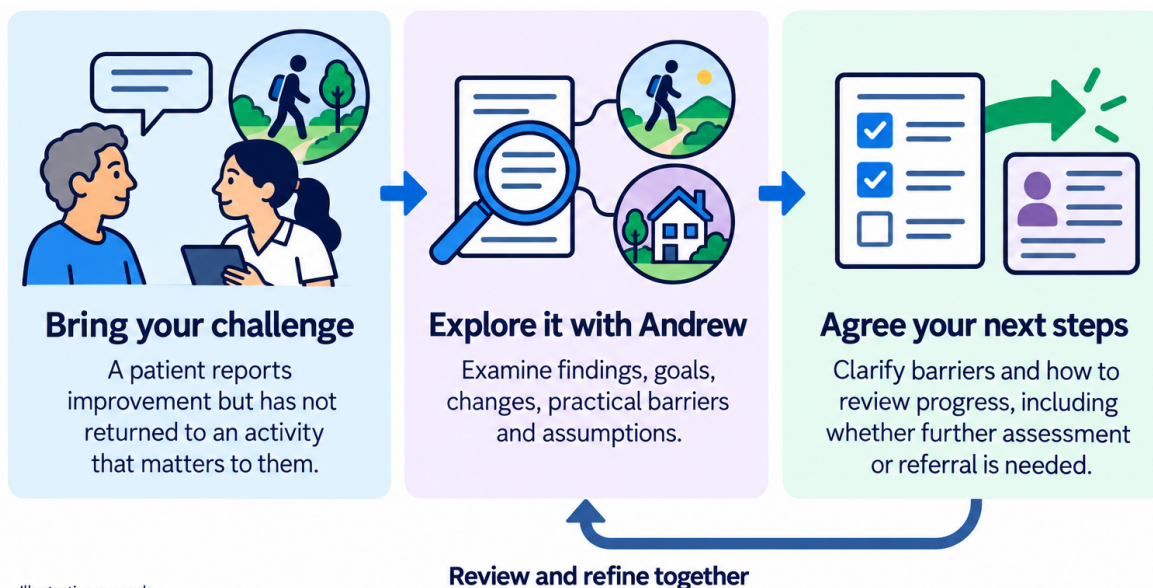
These are flexible learning needs, not fixed year bands. Your introductory call explores whether Andrew's experience fits your caseload, setting and goals, including any specialist interests.

Supervision connected to your osteopathic practice

What you can work on together



An example of supervision in practice



Different ages and life stages

Supervision can consider how communication, goals and everyday demands vary with age and life stage. Andrew's broader allied health experience includes children, adolescents, adults and families. Discuss the age groups and presentations in your osteopathic caseload during the introductory call, particularly where specialist experience is needed.

Optional extras for focused feedback



Document or report review

-  **Bring:** A clinical note, management summary or referral letter.
-  **Explore:** Reasoning, clarity and missing information.
-  **Receive:** Agreed feedback and revision priorities.



Observation with feedback

-  **Focus:** History taking, explaining findings or discussing management options.
-  **Explore:** Consultation skills and patient communication.
-  **Receive:** An agreed debrief and practical development actions.

Both extras are available by arrangement. The hourly rate covers the total agreed work, including preparation and feedback. Scope, deliverables and estimated cost are agreed beforehand. Travel costs are included in the quote before booking.

How it works



Free introductory call

30 minutes to explore your goals and fit.



Individual sessions

60 minutes by telehealth, usually fortnightly or monthly.



Clear priorities and actions

Session minutes and agreed actions to guide your next steps.



Between-session support

One mutually scheduled phone chat of up to 15 minutes between consecutive sessions in an ongoing arrangement.

A structured supervision relationship

Start with a free 30-minute telehealth introductory call to discuss your goals and fit. If you proceed, complete a Supervision Agreement and Plan before the first paid session. Individual telehealth sessions last 60 minutes, usually fortnightly or monthly, with frequency agreed around your needs.

You agree priorities, receive session minutes and actions, and review progress together. A formal review takes place at 12 months. A detailed supervisee guide is provided once you join.

Support between sessions

Supervision includes one phone chat of up to 15 minutes between sessions, at a time mutually agreed with Andrew. Further professional support is billed in 15-minute increments, with work and costs agreed beforehand. The phone chat is scheduled support, not an urgent-response or on-call service.

What it costs

Fees

Service	Fee including GST	Charging basis
Introductory call	Free	30 minutes by telehealth
Individual supervision	\$242	\$220 + GST per 60-minute session
Additional professional support	From \$60.50	\$55 + GST per 15-minute increment
Document or report review	\$242 per hour	\$220 + GST per hour for the agreed review and feedback
Observation with feedback	\$242 per hour	\$220 + GST per hour for agreed preparation, observation and feedback

All fees are in Australian dollars. The included phone chat forms part of your supervision. Optional extras are charged separately. Any travel costs are quoted and agreed before booking.

Scope and clear expectations

You retain responsibility for patient care, clinical decisions and professional scope. This is reflective professional supervision, hands-on technique instruction, competency assessment and formal sign-off are not automatic inclusions. Discuss any regulatory supervision requirement before booking. Business consulting and audit preparation sit outside individual supervision.

Agree permissions and secure sharing arrangements before sending client documents or recordings. Employer funding does not automatically give access to session content, information sharing is agreed in writing. Detailed payment, cancellation and information-handling terms are provided before you commit.

Arrange your free introductory call

Send an email to elevate@backtobasicshealthgroup.com.au with your role, experience, the ages and settings you work with, and what you would like from supervision. Include a few suitable times for your free 30-minute call.