

## **SUPERVISION: A RELATIONAL CHANGE PROCESS**

POST-GRADUATE CERTIFICATE/DIPLOMA

**MARIE-ANNE CHIDIAC, SALLY DENHAM-VAUGHAN & LYNDA OSBORNE**

Beginning December, 2017

Supervision is a requirement for counsellors, psychotherapists as well as coaches and many others in the helping professions.

In psychological work we consider change to be best supported by relationships in which difficulties can be explored, challenges made and good practice confirmed.

Whether working clinically or in a coaching setting with clients, it is not unusual for practitioners to experience relational and practice difficulties. This translates into the need for a supervisor who can offer new models and a fresh perspective or insight, as well as supporting competent practice.

### **Our Approach**

Our approach to supervision practice is deeply relational. This means recognising that relatedness to others is an existential given and a core organising principle that shapes who we are and what we do. In a relational paradigm, our sense of self emerges through being in relationship with others - both at the level of our relationships with other individuals, and also in the wider context.

On this course we will consider how the self of the client, the therapist/coach and the supervisor, the relationship between them, their specific contexts, and the wider field in which they all engage are continuously influencing the supervisory process. We will explore these dynamics drawing on our process model of supervision and supported by a range of theoretical models.

### **Who is it for?**

The course is for practitioners with at least 2 years experience. It is suitable for practitioners in different areas of psychological, coaching and organisational work, including:

- qualified counsellors, psychotherapists.
- counselling, clinical and coaching psychologists.
- coaches and mediators
- others in the helping professions both statutory and voluntary.

The programme will be taught by experienced practitioners who have a combination of supervision, psychotherapy, training, coaching and organisation development experience.



**VENUE:** Kingston-Upon-Thames

### **Certificate Dates:**

14-15-16 December, 2017  
19-20 January, 2018  
9-10 March, 2018  
19-20-21 April, 2018

### **Diploma Dates:**

22-23 June, 2018

### **Times:**

9.00am – 5.00pm each day  
(10am start on Day 1)

**COST:** £1250 (or £1100 early bird discount if booked before end September 2017).

**FOR MORE INFORMATION and TO BOOK email:**

[sallyt@relationalchange.org](mailto:sallyt@relationalchange.org)

## **FULL COURSE OUTLINE:**

**Module One:** 14-15-16 December, 2017

### **Meeting and contracting: beginning work in supervision**

In this initial module we will focus on cultivating conditions to foster nourishing relationships, both on the course and in our supervision practice. A specific focus will be contracting and boundaries, with an introduction to our process model.

**Module two:** 19-20 January, 2018

### **Relational supervision in practice**

We will deepen the exploration of the process model with attention to the three foci of self, other and situation, and explore how topics including co-transference, parallel process and changing cultural context affect supervision.

**Module Three:** 9-10 March, 2018

### **Practice Issues, the roles of the Supervisor**

This module will review the tasks and responsibilities of supervision including legal, ethical and professional practice issues. Particular attention will be placed on exploring aspects of shame and power dynamics.

**Module Four:** 19-20-21 April, 2018

### **Attending to body process and experimentation**

This module emphasises awareness of embodied process and how our bodies engage in relational dialogues, with clients and in supervision. Experimentation and creativity is a focus and development of individual style.

## **Diploma in Relational Supervision: (Additional £500 – excluding supervision of supervision).**

To gain the Diploma participants need to have:

- Attended all 4 modules.
- Two further days of consolidation.
- 40 hours practice of supervision.
- 10 hours supervision of supervision (arranged, and financed independently).
- 20 minute excerpt of a supervision session with a 2000 word process report.

## TUTORS



**DR LYNDA OSBORNE - D.Psych, MA, MSc, ECP, UKCP registered Psychotherapist.**

Lynda is a UKCP Gestalt psychotherapist. She has been a trainer and supervisor of Integrative/Humanistic counsellors/psychotherapist for nearly 30 years. Lynda held a senior management post at Metanoia Institute from 1999-2012. She is a Teaching and Supervising Member of the Gestalt Psychotherapy Training Institute and a member of the UKCP HIPC Training Standards Committee. She continues to work with clients, supervisees, trainees and teams in the UK and internationally/abroad.



**DR SALLY DENHAM-VAUGHAN- D.Psych, MSc, UKCP registered Psychotherapist and Supervisor, Registered Coaching Psychologist and Accredited Coach Supervisor.**

Sally is a highly experienced psychologist, psychotherapist, coach and organisational consultant who has been active in training and supervising a range of staff groups throughout her career. She is committed to a relational approach, is the co-founder of Relational Change and currently works with coaches, clients and supervisees in the UK and internationally.



**DR MARIE-ANNE CHIDIAC - D.Psych, MSc, MBA, UKCP registered Psychotherapist and Supervisor**

Marie-Anne is an international trainer with 20 years experience as a coach, psychotherapist, OD consultant and supervisor. As well as working clinically in private practice, she is passionate about supporting organisations in developing relational approaches that lead to better ways of working. Marie-Anne is co-founder of Relational Change and brings a distinctive understanding of both the clinical and organisational settings and how they impact the supervisory relationship.