This course is Approved by the HIP College of UKCP and attends to the guidelines for BACP Supervision Courses.

Relational Change
BETTER RELATIONSHIPS. BETTER WORLD.

SUPERVISION: A RELATIONAL CHANGE PROCESS

POST-GRADUATE CERTIFICATE/DIPLOMA

DI HODGSON, MARIE-ANNE CHIDIAC, & DOUGLAS SHARP

Beginning January 2027

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 and developed

Whether working clinically or in a coaching setting with clients it is important that practitioners can regularly reflect on their work, and have a supportive space to explore their experience of relational and practice difficulties. This translates into the need for a supervisor who can offer a fresh perspective or insight, as well as supporting competent practice and rejuvenating the work over time

Our supervision training is rooted in many years of experience and informed by a deeply relational perspective. At its core is our Relational Matrix Model of Supervision, developed and refined over more than a decade of delivering supervisor training in the UK and internationally. This model reflects a rigorous and thoughtful understanding of what it means to work relationally, and is designed to be applicable across a wide range of professional contexts.

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 published process model of supervision, supported by a range of theoretical models and experiential learning.

Who is it for?

The course is for experienced practitioners. It is suitable for practitioners in different areas of psychological, coaching and organisational work, including:

- qualified counsellors, psychotherapists.
- counselling, clinical and coaching psychologists.
- Coaches, mediators 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.

This course will be delivered <u>on-line</u> using the Zoom platform for Modules 2 and 3 and <u>Face to Face</u> in Kingston for Modules 1, 4 and the Diploma

Certificate Dates:
21 -22- 23 January 2027
16- 17 April 2027 (online)
11-12 June 2027 (online)
16-17-18 September 2027

Diploma Dates:
5-6 November 2027

Times:
9.30am – 5.00pm each day
(10am start on Day 1 of each module.)

Cost: £2,000
Early Bird: £1,800 (for bookings paid in full by 31 August 2026)

For More Information:
mandy@relationalchange.org

To book your place visit our website
www.relationalchange.org

FULL COURSE OUTLINE:

Module One: 21 -22- 23 January 2027

Beginning work in supervision & The Matrix Model

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 of this module would be on introducing the matrix model and on contracting issues in supervision, paying particular attention to beginnings. This will include the influences of diversity and inclusion.

Module Two: 16- 17 April 2027 (online)

The In-Between of Supervision

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: 11-12 June 2027 (online)

Practice Issues and the Wider Context

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: 16-17-18 September 2027

Support & Challenge: Choices of Interventions

This module looks at the many choices of interventions that emerge as we navigate the matrix model – including attending to embodied process and working creatively and with groups. We will consider the balance of support and challenge. It will also address the importance of paying attention to self-care and differences as well as attending to endings within the supervisory relationship

Certificate in Relational Supervision

To gain the Certificate participants need to have:

- Attended all 4 modules
- Written a 2,000 words reflection of self as supervisor

Note: Practice of supervision is not a requirement for the Certificate.

Diploma in Relational Supervision: 5-6 November 2027

(*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. DI HODGSON BA, MSc. Gestalt Psychotherapy, DPsych, UKCP Registered Psychotherapist and supervisor.
Di is a psychotherapist, international trainer and clinical supervisor. She is an external examiner for several psychotherapy institutes, and a member of the leadership team at Relational Change. For over 12 years she was the director of studies for the MSc in Gestalt psychotherapy at the Metanoia Institute. For over 20 years she was an organisational consultant, working predominantly in the health, legal and academic sectors, with a significant focus on leadership, mediation, diversity and inclusion.

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.

DOUGLAS SHARP, BSc Psychology, MSW, BACP registered Psychotherapist and Supervisor.
Douglas is a professionally registered Gestalt psychotherapist and supervisor and manages an independent psychotherapy practice. He brings experience from 25 years in social work practice and education in Edinburgh and the University of Dundee. Douglas is working towards qualification with EAGT as an organisational practitioner (GPO). He is committed to awareness-based learning and development in all fields of life.