

Cambridge Supervision Training *cst*

Diploma in Supervision

An Adlerian Integrative Approach



Information

October 2019 - June 2020

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Diploma in Supervision 2019-2020

An Adlerian Integrative Approach | Accredited by ASIIP

Course overview

This 125-hour assessed training offers participants an opportunity to develop their understanding of the theory, practice, ethical standards and values necessary for the supervision of counsellors and those in allied professions. The course integrates the work of Hawkins & Shohet, and Inskipp & Proctor, underpinned by an Adlerian base emphasising encouragement, an holistic approach and an understanding of the social purpose of human interaction. Participants are encouraged to explore and integrate additional supervisory ideas.

A core value is of a supervisory process that is negotiated to honour individual differences, and that enables collegial working relationships to support development for all. Therefore, we explore issues around ethics of difference and equality in each of the modules.

Entry requirements

The course is open to experienced practitioners, from a range of theoretical backgrounds, both those who are already supervising others in the helping professions, and those who are considering undertaking supervisory work. Numbers are limited to 14.

Participants are required to have a minimum of three years post-qualifying practitioner experience as a counsellor, psychotherapist, psychologist or allied professional. It is not necessary to be working with supervisees at the start of training as the course structure involves taking a supervisory role, outside the module hours, with another trainee. However, trainees will be expected to have at least one external supervisee by the end of March, with a minimum of two by the end of their training.

The course aims to encourage informed and mature reflective supervision practice through the monthly training sessions and regular group supervision of supervision. Self- and peer-assessment, and individual goal setting, alongside tutor guidance, are key aspects of the course.

Accreditation

The course is accredited and certificated by the Adlerian Society UK and Institute for Individual Psychology (ASIIP). The curriculum is in line with the BACP Supervision training recommendations. The award of the Diploma in Supervision is made to participants who complete all the required criteria.

Dates, Structure and Venue

Number of contact hours: **105** plus **20** hours supervision practice. This totals **125** hours assessed supervision training.

The programme is arranged in seven weekend modules, including two one-day workshops held on the following dates at Thriplow Village Hall, Middle St, Thriplow SG8 7RD:

<i>Module 1</i>	Sat 5 & Sun 6 October 2019	<i>All modules start at 9.30am and end at 5pm unless otherwise stated</i>
<i>Module 2</i>	Sat 16 & Sun 17 November 2019	
<i>Module 3</i>	Sat 11 & Sun 12 January 2020	
<i>Module 4</i>	Sat 7 & Sun 8 March 2020	
<i>Module 5</i>	Sat 18 & Sun 19 April 2020	
<i>Module 6</i>	Sat 16 & Sun 17 May 2020	
<i>Module 7</i>	Sat 27 & Sun 28 June 2020	

Course content

- *Orientation to the course*
- *Creating the course contract*
- *Tasks and Models of Supervision*
- *Ethical Frame*
- *Ethics and the Law*
- *Adlerian concepts pertinent to supervision*
- *Giving and receiving feedback*
- *Developmental models*
- *Formative / Summative assessment*
- *Supervisory authority*
- *Working with trainees*
- *Socratic questions*
- *Self-Disclosure*
- *Parallel process*
- *Difference and diversity*
- *Context and Organisations*
- *Group Supervision*
- *Creative approaches*
- *Online supervision*
- *Self-care and vicarious trauma*
- *Observed skills practice*
- *Supervision of Supervision Groups*

Course Elements

- Supervision experience
- Observed practice
- Supervision of Supervision groups
- Attendance at tutor training sessions
- Attendance at guest training workshops
- Written assignments
- One-to-one tutorials

Assessment and Certification

Alongside the core assessment criteria, participants are also encouraged to set their own learning objectives and goals, monitor their own self-development and contribute to their peers' development through structured feedback.

Each participant will create a portfolio consisting of:

- Coaching and formative assessment of practice
- An Initial Assignment (750 words)
- A Personal Learning Contract
- Reflective Learning statements x 2 (1500 words each)
- Reflective Analysis of a Supervision session (3000 words and audio recording)
- An Extended learning project: presentation to the other members of the group (no written submission)
- Final Learning Statement (2000 words)
- A log of a minimum of 20 hours' supervision experience

Criteria for assessment

By the end of the course the participant will be able to:

- Show a developed understanding of the structure and process of supervision, that includes an extensive knowledge of at least one model of supervision
- Establish and conduct an empathic, ethical and bounded working relationship with supervisees.
- Demonstrate understanding of some Adlerian concepts applied to self or supervisee in supervision
- Demonstrate understanding of issues, processes and responsibilities in the supervision of trainees
- Demonstrate an understanding of contextual/organisational issues and issues of difference and diversity in supervision
- Give and receive feedback in a manner that will encourage supervisees
- Demonstrate understanding of the processes and responsibilities of group supervision
- Show an understanding of ethical and legal issues related to supervisory practice
- Understand processes of risk assessment in supervision
- Show awareness of and sensitivity to ideas of power and authority, and difference and equality, in relation to supervision
- Demonstrate an understanding of the supervisee's contribution to supervision

Accreditation and Certification

The course is accredited and certificated by the Adlerian Society UK and Institute for Individual Psychology (ASiIP), an organisational member of BACP. The award of the **Diploma in Supervision** is made to participants who complete all the required criteria.

Core Tutors

Anthea Millar MA, DipIIP, is a BACP Senior Accredited Counsellor, and a supervisor with 35 years' experience, working in independent practice, supervising both trainees and experienced practitioners. She is a Vice-President of the UK Adlerian Society, and a co-editor of its journal. She is regularly invited to train practitioners elsewhere in the UK and abroad. She is a co-author of *Practical Supervision: How to Become a Supervisor for the Helping Professions*, and many published articles.

Sarah Parkin MA, Adv Dip is a BACP Senior Accredited Counsellor, and a supervisor, with 25 years' experience. She has worked in a variety of settings including the University of Cambridge Counselling Service, NHS, GP practice and in independent practice. She set up, managed and supervised a GP placement for trainee counsellors for a number of years and was the lead tutor on three of the region's counsellor training courses. Sarah is also a qualified Mindfulness trainer.

Practice Development Tutor:

Julia Herrick is a BACP Senior Accredited Counsellor working in independent practice as a counsellor, supervisor and trainer, and is a national assessor of Counselling and Psychotherapy Diploma candidates for the Institute for Individual Psychology.

Supervision of Supervision Additional Tutor

Jim Holloway is a BACP Senior Accredited Supervisor with an independent counselling practice in Trumpington. He is a former CST partner (2012-2018), a co-author of *Practical Supervision* (JKP 2014), and currently writes the supervision column in BACP's *Private Practice* journal.

Guest Presenters

Guest presenters with specialist supervision skills are invited to offer one day workshops as an integral part of the course.

Fees: £2550.00

This includes all training sessions and assessment.

Following acceptance on the course a deposit of £150 is due. The balance of £2400 can then be paid in full on 1st September 2019, or in 10 monthly instalments of £240 on the 5th of each month between September 2019 to June 2020.

Contact: Jenny Parker
cambridgesupervision3@gmail.com

Application: Please contact Jenny Parker for an application form.
Closing date 31st August 2019.

www.cambridgesupervisiontraining.org