

Certificate/Diploma in Clinical Supervision

Commencing January 2021

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Primary Course Tutor
Jonathan Lake



Philosophy of the course

This course is based on a relational approach to supervision and supervisory practice related to the broad landscape that supervision currently engages with. The course will provide the opportunity for individuals to develop their own individual style of practicing as a supervisor. The course will provide the opportunity to consider to many of the challenges that emerge in practice within current supervision practice.

This course is suitable for qualified counsellors, psychotherapists, psychologists, psychiatrists, consultants' social workers, probation officers' mental health workers, and others in the helping professions.

The course is aimed for practitioners in all different fields of work and with different theoretical approaches to counselling, psychotherapy and other forms of clinical practice. It aims to bring together helping professionals of different orientations so that they can dialogue about both their commonalities and differences in the theory and practice of supervision.

Aims of the training programme

- To provide participants with the theoretical basis and practical skills in supervision so that they can practice independently or in professional association as supervisors for a range of practitioners within the helping professions. This standard is equivalent to that required by other professional associations for the accreditation of supervisors.
- To create a semi-structured learning experience that provides models or frameworks of working knowledge and skills, and reflective/reflexive practice, which, can support a collaborative, coherent and cohesive approach to your best practice of supervision.
- To provide an open, creative, relational approach which, supports the participants of the course to particularly to develop a stance of sharing and exchange many areas of knowledge and expertise. This also includes the diversity of professional backgrounds, contexts and theoretical orientations providing a richness of experience, critical challenge and throughout the training.
- To support the development participants supervisory competencies are outlined in the 'The UKCP Standards of Education & Training, (SETS), and the Organisational Members standards and training framework for supervision training.

Training programme design

The course is structured across six 2-day modules, spaced approximately monthly to make it more easily possible for professionals, who are not London based, to attend the course. There is a considerable course emphasis on the practice of supervision. To facilitate this there is an opportunity across all the modules for live practice on throughout the course. This takes the form, on one of the days in each module, of working in small groups of three or four where live supervision is conducted with feedback from those within the group. On the alternate day of each module, live practice is conducted in a larger group where supervision of supervision can be practiced if requested.

Full course attendance and completion of the written work leads to the achievement of a Metanoia Certificate in Supervision.

Facilitator

Jonathan Lake: MSc TA Psychotherapy, BSc Psychology, CTA, PTSTA, UKCP Registered Psychotherapist, Supervisor and Supervising Transactional Analyst (STA). Jonathan has been teaching at Metanoia for five years having trained there in the late 90's. He also teaches at other institutes and corporations, the latter focusing on workplace stress, trauma and disaster recovery. He works as facebook's onsite psychotherapist and supervises at *Freedom from Torture*. In his private practice in East and North-West London he is particularly interested in couples work, bereavement and developmental trauma.

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Theoretical focus of the six basic modules

Module 1:

Introductions, and collating ideas that participants want to consider throughout the course which will be integrated with concepts included in the programme. There will be an historical overview of the development of supervision in the helping professions. Also we will overview some of the different styles of supervision and the supervisory processes. These will include discussions related to supervision, values, principles and ethics, that will enable individuals to consider their position regarding these important concepts.

Module 2:

A review of different conceptual modes of supervision from an integrative relational perspective and current literature. We will also reflect on different stages of developmental processes that will highlight ranges of engagement and differences of individual supervisees learning styles. We will also consider the process of establishing initial contracts with supervisees and the supervisory working alliance.

Module 3:

Methods, goals, interventions and creativity in individual and group supervision. Working with transference, countertransference and parallel process in supervision.

Module 4:

What might be the impact regarding the supervision process when working with, diversity and contextual factors, for example; race, ethnicity, sexual orientation, disabilities, including mental health problems.

Module 5:

Supervising the practice of short-term counselling and psychotherapy; considerations for best practice. Reviewing ethical dilemmas and professional issues in both short- and long-term practice. "Different vehicles of supervision including, onsite, online and 'phone. Practical application of this will be experimented with".

Module 6:

Student Presentations – a short 20-minute presentation of the candidate's own interest area in supervision, including in supervision.

