



THERAPIST SUPPORT AND SUPERVISION GROUPS

Therapist Support and Supervision Groups last 3 hours (with a 15-minute break). CPD Certificates of Participation are awarded at the end of each group.

Groups provide an effective form of peer support and supervision, while being led and facilitated by a qualified Clinical Supervisor and accredited psychotherapist. The supervisor has a peer support, as well as a supervisory and facilitatory, role. The Clinical Supervisor keeps time; ensures that everyone who wishes to talk is given the opportunity; maintains confidentiality; and addresses other administration/organisational matters.

Groups operate from 'The PSG Model' and include: adherence to a working agreement; confidentiality; gate-keeping; boundary management; and working with resistance. These groups offer the following benefits:

- Discussion of cases and other professional matters;
 - Emotional and self-expression;
 - Chance to receive and offer other perspectives or viewpoints;
 - Problem-solving;
 - Personal and professional reflection;
 - Generating ideas and exploring options;
 - Support with challenges and difficult situations;
 - Improved therapist performance;
 - Developing new practical skills and sharing/gaining knowledge;
 - Ongoing consultation and support (especially for difficult cases);
 - Combating professional isolation and potential therapist burnout;
 - Interpersonal learning from peers;
 - Networking, marketing & other professional development opportunities;
- ... & lots more (as if that isn't enough!)

Group members can make a real difference in helping each other think about workplace and training issues and dilemmas. Trainer Support and Supervision Groups can also be used to extend reflective practice as new ideas emerge through the collective knowledge and experience of the group.

Fees: see Price List on the website

Upcoming Therapist Support and Supervision Groups (and all other events and meetings) are posted in the What's On section of the website here.