

# Certificate and Diploma in Person-Centred Supervision

**Starting February 2011**

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## Certificate and Diploma in Person-Centred Supervision

A joint programme offered by Metanoia Institute and Psychology Matters.

This post-graduate course is based on person-centred philosophy and encourages participants to develop their own approach to supervision informed by person-centred principles. The philosophy of the training is also person-centred, and allows participants to identify, articulate and satisfy their own individual learning needs.

It is suitable for practitioners in different areas of psychological work, including:

- ◆ qualified counsellors and psychotherapists
- ◆ counselling psychologists
- ◆ coaches and mediators
- ◆ psychiatrists
- ◆ social workers, probation officers and others in the helping professions

Facilitated by Dagmar Edwards and Mike Worrall, both of whom are published authors and acknowledged tutors in the field of person-centred supervision, this course is open to applicants who have successfully completed a training in counselling, counselling psychology, psychotherapy, or a related profession or have an equivalent level of training and experience.

For further information email Sylvia Carby or call her on 0208 832 3076

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# Certificate and Diploma in Person-Centred Supervision

## Philosophy of the training

The ethos of the course supports individual learning styles and the emerging needs of participants. Practitioners will have opportunities to develop as reflective practitioners, and to deepen their appreciation of person-centred approaches to supervision, philosophically, theoretically and in practice. The course provides opportunities for participants from a wide range of backgrounds to practise their supervisory skills and to develop their own unique style of supervising.

## Aims of the course

To facilitate a creative learning experience for participants in which they can evaluate the theory and practice of supervision, and develop their competencies and professional skills in the field of supervision.

This course is designed to support participants to:

- ◆ practice ethically and professionally;
- ◆ explore the personal and professional challenges of person-centred supervision;
- ◆ explore the processes involved in developing creative and collaborative relationships with supervisees;
- ◆ offer both individual and group supervision in a range of settings;
- ◆ develop as reflective practitioners;
- ◆ review and assess the current literature on supervision;
- ◆ identify tasks, responsibilities and structures in supervision;
- ◆ attend to clinical considerations, including transference and counter-transference issues;
- ◆ engage with developments in the wider fields of psychotherapy, counselling and supervision.

## Certificate in Person-Centred Supervision

### Entry requirements

Participants in the Certificate course need to:

- ◆ Have successfully completed a training in counselling, counselling psychology, psychotherapy, or a related profession, or have an equivalent level of training and experience;
- ◆ Have a minimum of a year's experience post-qualification;
- ◆ Send in a full CV with their application, outlining their training and clinical experience;
- ◆ Be a full member of a professional body;
- ◆ Provide two references on their client work, including one from their current supervisor.



# Training programme design

This course is structured on 2-day modular basis, spaced approximately monthly to enable participants to process and integrate their learning. Each day will commence at 10.00am and end at 5.00pm. The written work can be submitted during the course or up to 2 months after the end of the course.

## Certificate course outline

In keeping with the philosophy of the person-centred approach, the precise details of the content to be covered will emerge in response to the particular needs and interests of the training group. A broad outline of the areas to be covered is as follows:

### Module 1: Definitions, theory and practice

- ◆ What is supervision? What is good supervision?
- ◆ Personal definitions of supervision.
- ◆ Styles of supervision: non-directive or directive; form-oriented or philosophy-oriented; client-centred or person-centred?
- ◆ Collaborative supervision.
- ◆ Responsibilities & boundaries within the supervision relationship.

### Module 2: Competencies, skills and reflective practice

- ◆ Core skills & competencies.
- ◆ Developing a reflective practitioner stance.
- ◆ Facilitating congruence within supervision.
- ◆ The process of supervision.
- ◆ Interpersonal process recall.

### Module 3: Legal and ethical issues

- ◆ Legal considerations: record keeping; note taking.
- ◆ Professional practice issues: managing different roles and responsibilities; contracts.
- ◆ Three way working agreements.
- ◆ Ethical dilemmas.
- ◆ Supervision and therapy: differences and similarities in theory and practice.

### Module 4: Power, context and culture

- ◆ Power, context, and cultural issues in supervision.
- ◆ The unspoken relationship in supervision.
- ◆ Parallel processes.

- ◆ Challenges of supervision.
- ◆ Supervising different client groups (organisations, young people etc.).
- ◆ Supervising across orientations.

#### Module 5: Different modalities

- ◆ Creativity in supervision.
- ◆ Exploring different approaches to supervision.
- ◆ Individual and group supervision.
- Supervision via phone, e-mail, MSN or Skype.
- Revisiting issues and questions.
- Supervision of supervision.

Participants will be given a reading list, relevant handouts, and materials of interest linked to the above modules. The opportunity for supervision practice sessions, self and peer assessment will form part of each module.

#### **Assessment Criteria**

- ◆ Attendance of at least 80% of course hours.
- ◆ Missed attendance made up as negotiated with one of the course tutors.
- ◆ Completion of 2 x 2000 word essays, titles to be negotiated with one of the Course tutors.
- ◆ Pass grading of written work.
- ◆ Ongoing self and peer assessment.

On successful completion of all of the above requirements, candidates will be awarded the Certificate in Person-Centred Supervision.

#### **Diploma in Person-Centred Supervision**

##### **Diploma**

Achievement of the Diploma requires further training and practice which involves:

- ◆ Achievement of the Certificate requirements;
- ◆ Achievement of 40 hours practice of supervision – logged;
- ◆ Achievement of 15 hours Supervision of your supervision;
- ◆ Attendance at two 2 day Advanced Supervision modules;
- ◆ One 2000 word essay relating one or both Advanced modules to your practice of supervision;
- ◆ One 2000 word process report i.e. a commentated/reflective account of a transcript of your supervision work that represents a 20 minute excerpt with accompanying audio recording;
- ◆ Submission of a log – to include brief notes on the 40 hours of supervision given.

Participants usually gain supervisory experience in their own work contexts and engage their own supervisor for their supervisory work externally to Metanoia Institute. Supervision may be practiced and/or achieved either individually or in small groups.

Breakdown of hours over the two years

### **Certificate year**

Tutor course hours: 60 hours

Reading time: 80 hours

Written work: 18 hours

Total: 168 hours

### **Diploma year**

Attendance at two 2-day Advanced Modules: 24 hours

Supervision practice: 40 hours

Supervised supervision: 15 hours

Reading time: 80 hours

Written work: 16 hours

Total: 163 hours

### **Course Staff**

Head of Department

Peter Pearce

MSc Psychotherapy (Middlesex), UKCP Registered Psychotherapist, EAP Registered Psychotherapist, BACP Senior Registered Practitioner, BACP Senior Registered Trainer, UKRC Registered Independent Counsellor.

Course Tutors

Dagmar Edwards

Diploma in Person Centred Counselling (Metanoia Institute), MSc Psychotherapy (Metanoia/Middlesex), Dip. GPTI, UKCP Registered Psychotherapist, Post Graduate Certificate in Cognitive Behavioural Therapy.

Mike Worrall

BA (Oxon), Diploma in Person Centred Counselling (Metanoia Institute), Certificate in Person-Centred Supervision, BACP Senior Registered Practitioner.

Administration Staff

Academic Co-ordinator for the programmes

Sylvia Carby

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### **Certificate course dates**

The course will be offered over five two-day modules.

2011: 21/22 February, 21/22 March, 11/12 April, 23/24 May, 20/21 June

### **Diploma course dates**

2011: 3/4 October, 14/15 November

