

# *Diploma in Relational Supervision*

*(Group and Individual)  
For Counsellors and Psychotherapists*

## *Transformational Learning*

Severn Talking Therapy validated by



[www.severntalkingtherapy.co.uk](http://www.severntalkingtherapy.co.uk)



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Course Administrator: [catherinegregory7@virginmedia.com](mailto:catherinegregory7@virginmedia.com)

## **Background to this course**

This course has developed over ten years, it began in 2006 to promote and enhance standards in counselling and psychotherapy supervision. In our development over the years we took a 'Relational Turn' with an emphasis on the transformational potential of supervision.

We have focused our courses on the paradigm shift from therapist to supervisor; seeing this as a major part of a developmental process for supervisors. We do not therefore 'teach' supervision but assist in the development of supervisors using a relational approach that is now influencing many therapy models and approaches.

Groups are no larger than 12 and we work with two facilitators at all times, male and female, to enhance the breadth and depth of experiences.

## **Who is it for?**

This course is designed for counsellors, psychotherapists, counselling psychologists and others in the helping professions who have significant experience and who want training in relational supervision. This also includes those who work in, for, or with an organisation. You may already be supervising and seeking qualification for what you do.

## **Entry Requirements**

- Diploma in counselling/psychotherapy [or equivalent in a related field i.e. coaching]
- At least 2 years post qualification experience
- Completed a minimum of 450 supervised counselling hours
- Be a registered member of a professional organisation (i.e. NCS, UKCP, or BACP)

## **The applicant must:**

- Be able to see at least two supervisees.
- Be able to provide two references one of whom is your supervisor.
- Be willing and able to commit to the 6 weekends, one every alternate month, and attend support/learning group between course weekends.
- Have a supervisor who can offer a minimum of 10 hours supervision to you throughout the course
- Have indemnity insurance if working independently of an organisation.

## Course Structure

This 72 hour taught course includes theory, practice, discussion and experiential learning. The course members meet for 6 weekends every alternate month. Learning support groups will be set up to meet between the course weekends. The course is assessed through reflective writing, a case study and an audio assessment. There is self, peer and tutor evaluation with final assessments made by the tutors. This course complies with the standards expected by other professional organisations such as the NCS, UKCP and the BACP.

### Where will the course take place?

Central Bristol

### Aims of the Course

- To develop the art of relational supervision
- To familiarise participants with some current theories and practice of counselling/ psychotherapy supervision
- To encourage participants in developing a sensitivity to context in their supervision work
- To be conversant with research
- To develop individual and group supervision skills
- To develop creative, relational and transformative supervision skills
- To support participant's personal and professional development as a supervisor

### Assessment

The course will be assessed by a variety of methods to reflect professional and personal development as a counselling/psychotherapy supervisor.

- One 3000 word essay – theory, practice and reflection
- Audio assessment of one session with a supervisee, to be peer reviewed and tutor assessed
- Reflexive research on group process – between 4,000 and 5,000 words
- Self-assessment

### Fees

£1800 for the whole course. This includes a £100 deposit for processing your application.

After the deposit it can be paid in full or in 3 instalments of £585 or 4 instalments of £440

**Applications:**

Applications will need to be covered by two references one of whom is a current supervisor who can give up to date information on personal and professional qualities.

**Apply for form from:**

Catherine Gregory – Administrator  
7 Sayers Crescent  
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Glos GL3 4HD  
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**KARL GREGORY**

SRN, RMN, MSc Counselling, Dip. in Psychotherapy Supervision,  
MNCS Acc.

I have had a 20 year background as a psychiatric nurse, an MSc in counselling and Diploma in Psychotherapy Supervision.

I worked for the University of Bristol for six years where I coordinated a Diploma in Counselling –Organisational Settings and have been an external examiner for a number of universities and colleges in England.

I have had a private practice in Brockworth, Gloucester for 18 years; co-founded Severn Talking Therapy that runs the annual Supervision Conference UK, a Diploma in Relational Supervision and various talking therapies and workshops.

**SHEILA McCARTHY-DODD**

DipCW, DipCouns, MBACP

I am a qualified counsellor and have subsequently trained extensively in group facilitation, couples work, systemic constellations and clinical supervision. My background includes 26 years working with people within organisations and in private practice.

I am also a co-founder of Severn Talking Therapy, have a private practice in Gloucestershire and I offer supervision to counsellors and other professionals.

I facilitate systemic constellation groups in Gloucestershire, Edinburgh and Ireland.