



SUPERVISION: A RELATIONAL CHANGE PROCESS

10 Day Program / 2020

For those who offer Supervision in their practice as Psychotherapists, Psychologists, Organizational Coaches, Team Leaders or who manage the work of others.

**Program Leaders / Sally Denham-Vaughan & Lynda Osborne (UK)
Leanne O'Shea & Tony Jackson (AUS)**

Overview:

The "RELATIONAL MATRIX MODEL of Supervision", (published), offers a comprehensive, nuanced and practical methodology that will support all who supervise and/or manage the work of others. Its design reflects the Relational Change core "S.O.S." framework and captures the essential nature of 3 dimensions of human experience (self, other and situation) that are foundational to a contemporary relational approach. The Model confirms the fundamental importance of these dimensions in all work with supervisees and clients.

Whether working clinically or in a coaching/consulting setting, it is not unusual to experience relational and practice difficulties alongside issues of risk, governance and quality assurance. The matrix offers a way of working with others in which difficulties can be explored, challenges made, and good practice confirmed.

This program is offered as a partnership between Relational Skills, a program of the Gestalt Centre, and Relational Change (UK). Lots more information and resources at www.relationalchange.org

AT A GLANCE...

Venue / Gestalt Centre
622 Lygon Street, Carlton North

May 15th -16th & 18th - 20th 2020
December 7th -11th 2020

Costs / \$2900
\$2500 early bird by 1 Dec 2019

Diploma
Additional 2 Days (tba)
Additional cost \$500

Email or call for more information





Program Outline

May 2020

Module One: 2 days

Meeting and Contracting: Beginning Work in Supervision

In this initial module we will focus on cultivating conditions to foster supportive relationships, both on the course and in our supervision practice. A specific focus will be contracting and boundaries with an introduction to our process model.

Module two: 3 days

Relational Supervision in Practice

We will deepen the exploration of the process model with attention to the three foci of self, other and situation, and explore how topics including co-transference, parallel process, how changing cultural contexts affect supervision and issues of equality and diversity.

December 2020

Module Three: 2 days

Practice Issues: The Roles of the Supervisor

This module will review the tasks and responsibilities of supervision including legal, ethical and professional practice issues. Particular attention will be placed on exploring aspects of shame and power dynamics and group supervision.

Module Four: 3 days

Attending to Body Process and Experimentation

This module emphasises awareness of embodied process and how our bodies engage in relational dialogues both with clients and in supervision. Experimentation and creativity is a focus and development of individual style.

This course is PACFA accredited.

Upon completion graduates can apply to **Relational Change** to be awarded a **Graduate Certificate in Supervision**, A UKCP Recognized Supervision Training that also attends to the guidelines for BACP Supervision Courses. This course is a pre-requisite for the **Relational Change Graduate Diploma in Supervision**. This requires 2 additional days training, additional supervision hours and a reflective paper.



Program Leaders



Sally Denham-Vaughan, DPsych, EAGT-GPO, Accred MSCP, Co-Founder and Director of Relational Change works as an Organisational Consultant, Coach/Coach Supervisor, Trainer and Supervisor with Public, Private and not-for-profit organisations in the UK and Internationally. She is currently Chair of the European Association for Gestalt Therapy's Gestalt Practitioner in Organisations committee and a member of the editorial advisory board of the British Gestalt Journal. She has a background in Clinical Psychology and Gestalt Psychotherapy with over 25 years experience in senior leadership positions in the NHS in the UK. She is an Associate with the Taos Institute and the author of many papers/chapters.



Lynda Osborne, DPsych, UKCP Registered Psychotherapist has been involved in counselling and psychotherapy for 30 years. After thirteen years in post she retired as Head of the Gestalt Department at the Metanoia Institute in London in 2012. Her doctorate addressed the senior management role in a psychotherapy training context. Lynda was the founding Chair of the UKAGP: the United Kingdom's National Gestalt Organization. She is a Teaching and Supervising Member of the Gestalt Psychotherapy Training Institute and a member of the UKCP HIPC Training Standards Committee.

Dr Leanne O'Shea DPsych, BTheol., MSc, FellowMGANZ is a psychotherapist and supervisor in private practice in Melbourne. She studied the Gestalt approach in Melbourne and London, and more recently the relational approach to Gestalt Therapy at the Pacific Gestalt Institute (USA). She is a faculty member of the Relational Center, a Los Angeles based organization whose mission is to promote greater diversity within the helping professions, as well as an International Faculty Associate with Pacific Gestalt Institute. She is interested in creating greater awareness of and sensitivity to our relational responsibility, and is particularly passionate about the place of sexuality and the erotic within the therapeutic relationship. She is well published and is an inaugural co-editor of the new Gestalt Journal of Australia and New Zealand. Leanne has served as a member of the GANZ Council, including the Presidency and chairing the GANZ Ethics Committee.

Tony Jackson BTheol, BA (Psych), Grad Dip Couns, Adv Dip Gestalt Therapy, is the Managing Director of the Gestalt Centre. He first joined the management team of Gestalt Therapy Australia 2011, becoming the sole director in 2018. Tony has a passion for gestalt theory and practice and as the leader of the Gestalt Centre, Tony aims to support the community of practice around gestalt theory locally and nationally. He is particularly interested in supporting a new generation of leaders (teachers, thinkers & writers) who will take up the challenge of growing and sustaining this the gestalt community. He offers supervision services to other psychotherapists. As a trainer of undergraduate counsellors and gestalt psychotherapists for over ten years, Tony has focused much of his career on creating learning environments that support the early stages of the journey to become a therapist.
