



**AN INTRODUCTION TO  
RELATIONAL SUPERVISION**  
**THE PHILOSOPHY & PRACTICE OF  
SUPERVISION A PACFA ACCREDITED COURSE**  
**5 DAYS APRIL/JUNE 2021**

**GRADUATE DIPLOMA OF  
SUPERVISION**  
**CONFERRED BY RELATIONAL CHANGE (UK)**  
**7 DAYS OCTOBER/NOVEMBER 2021**

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GTA is pleased to offer these two courses in partnership with **Relational Change** based in the United Kingdom. The first, **An Introduction to Relational Supervision**, is a stand-alone course that has PACFA accreditation. It offers an introduction to the Relational Matrix Model of Supervision and is highly experiential. It is a prerequisite for the **Graduate Diploma of Supervision**, which is an internationally recognised qualification in supervision conferred by Relational Change.

**This is a specialist training for those who offer supervision in their practice as psychotherapists, psychologists, organizational coaches, managers and team leaders.**

**Program Leaders / Dr Leanne O'Shea & Tony Jackson**

*with Dr Sally Denham-Vaughan, Dr Lynda Osborne and Dr Marie-Anne Chidiac (RELATIONAL CHANGE - Based in the UK. These contributions are by video conferencing in the evenings.*

**An Introduction To Relational Supervision:** 28th-30th April & 10th-11th June 2021

**Graduate Diploma of Supervision:** 11th-15th October & 25th-26th November 2021

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.

The Grad Dip is a UKCP Recognized Supervision Training that also attends to the guidelines for BACP Supervision Courses. The qualification is awarded by Relational Change (UK).

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## COURSE OVERVIEW / AN INTRODUCTION TO RELATIONAL SUPERVISION

### Module One (3 days) Philosophy & Practice of Supervision 28th - 30th April 2021

#### Day One / 28th April

##### Session 1: Introductions and Beginnings 9.30am-3pm

This introductory session will seek to cultivate the conditions that support a resilient and robust learning environment, not just in the training group, but in the supervisory relationship.

**Session 2: What is relational supervision? 6.00pm-9pm** with Marie-Anne Chidiac via Zoom

#### Day Two / 29th April

##### Session 1: Understanding the Relational Matrix Model of Supervision 9.30am-3pm

We will describe and explore in-depth the various components of the Relational Matrix Model of Supervision, notably the importance of giving attention to the three foci of Self, Other and Situation, attending to what is 'figural' while also understanding 'the ground' of the supervisory experience.

**Session 2: Working with The Figure 6.00pm-9pm** with Sally Denham-Vaughan via Zoom

#### Day Three / 30th April

##### Session 1: Exploring Applications to Practice 9.30am-1pm

Through live demonstration and practice work, this session will focus on the application of the key principles taught over the preceding days. Particular attention will be given to the importance of contracting and the conditions of dialogical engagement between supervisor and supervisee that support a robust and resilient engagement.

**No Evening Session**

### Module Two (2 days) Roles and Responsibilities of Supervision 10th & 11th June 2021

#### Day One / 10th June

##### Session 1: Deepening the Supervisory Inquiry 9.30am-3pm

As well as reconnecting as a group and reviewing participants' experiences with the application of the key principles, this session will explore how the supervisory relationship is impacted by the dynamics of power and shame. Understanding and addressing these issues is a crucial support for the deepening of supervisory work.

**Session 2: Principles of Embodiment & Experimentation in Supervision 6.00pm-9pm** with Lynda Osborne via Zoom.

#### Day Two / 11th June

##### Session 1: Practice and Integration 9.30am-4pm

This last session of the Introduction to Relational Supervision will be a final opportunity for practice and integration of the model. Time will be made to reflect on the group's experience and individual learning.

**No Evening Session**

## COURSE OVERVIEW / GRADUATE DIPLOMA IN SUPERVISION

*The Graduate Diploma in Relational Supervision builds on the introductory module, exploring the clinical and theoretical models that support and deepen supervisory work. This will include an examination of the models and approaches that typically inform clinical practice through the lens of a contextual approach. We will explore the factors that so often determine the effectiveness of therapeutic and other professional practice relationships (including the supervisory relationship). In the Diploma we will also explore the theory and practice of group supervision, attending to the differing contexts in which it typically occurs. The final 2 days of this training will focus on practice and will include the live supervision of interns from the ConnectGround Clinic.*

### Module One (5 Days) Cultivating a Contextual / Relational Approach to Supervision 11th-15th October 2021

#### Day One / 11th October

##### **Session 1: Being Critically Reflective: The Heart of Ethical Practice 9.30am-5pm**

This opening session will include a re-orientation to the model and the group, with a review of participants practice and learning since the introductory course. Through this process, we will explore the importance of reflective practice, both in the supervisor and the supervisees. We will also examine how to engage supervisees in this practice and how to teach them to better utilise the supervisory process. We will also review the matrix model.

**No Evening Session**

#### Day Two / 12th October

##### **Session 1: Rethinking Psychopathology: The Imperatives of a Relational Approach 9.30am-3pm**

The clinical and diagnostic frameworks that dominate clinical practice are often founded on individualistic assumptions and diminish the importance of contextual factors on the lives and well-being of clients. We will explore how a relational approach re-configures our understanding of complex client processes, rethinking the concept of transference and coming to better understand the tendency to pathologize client (and supervisee experience). We will look at this in terms of the broader practice field, as well as ways it can shape our own responses in often reflexive ways.

##### **Session 2: Working with the Ground in Supervision 6.00pm-9pm**

**Sally Denham Vaughan** will continue to explore the critical contextual insights that inform our practice as we utilise the 'L' of the supervision matrix. Via Zoom.

#### Day Three / 13th October

##### **Session 1: Rethinking the Supervisor/Supervisee Relationship 9.30-3pm**

We will explore the educational and ethical responsibilities of supervision. In particular, we will explore how to effectively engage new supervisees in the learning process. We will also give consideration to working with supervisees who demonstrate defensive patterns of interaction, or whose work in some ways evokes ethical concern. This necessarily involves an understanding of our own 'transferential' responses and how to work effectively with these in the supervisory process.

##### **Session 2: The Practice of Group Supervision 6.00pm-9pm**

**Marie-Ann Chidiac** will provide us with an introduction to the theory and practice of group supervision. Via Zoom.

#### Day Four / 14th October

##### **Session 1: Theoretical Frameworks for Group Supervision 9.30am-3pm**

This session will continue to explore the theory and principles of group supervision. This will include a review of the group theory, how to apply the model of supervision and adapt it to the differing contexts that we might encounter in group supervision.

##### **Session 2: Problems Encountered with Supervision 6.00pm-9pm**

**Lynda Osborne** will describe some of the problems and challenging situations that can occur in supervision and will explore ways of effectively working with these concerns. Via Zoom

## COURSE INFORMATION (Continued)

### Day Five / 15th October

#### Session 1: Practice & Planning 9.30am-1pm

This final session of module one will aim to bring together the material of the previous days with an opportunity to address any questions or concerns. We will also create a space for an ongoing practice that will have as its focus the development of individual goals for what comes next in the process of ongoing professional development.

**No Evening Session**

### Module Two / Practicing a Contextual/Relational Approach to Supervision

#### Day One / 25th November 9.30am-5pm

#### Day Two / 26th November 9.30am-5pm

These final two days will aim to integrate the learning of the previous module and the ongoing critical reflection of individuals through a series of live supervisory practice sessions with interns from the ConnectGround Clinic.

## COURSE FACULTY

**Marie-Anne Chidiac** is an international trainer with 20 years' experience as a coach, psychotherapist, OD consultant and supervisor. As well as working clinically in private practice, she is passionate about supporting organisations in developing relational approaches that lead to better ways of working. Marie-Anne is co-founder of Relational Change and brings a distinctive understanding of both the clinical and organisational settings and how they impact the supervisory relationship.

**Sally Denham-Vaughan** has a background as a consultant, clinical psychologist and registered psychotherapist and now works internationally as a coach and organisational consultant. She has been active in training and supervising a range of staff groups throughout her career. She is committed to a relational approach, is the co-founder of Relational Change and currently works with coaches, clients and supervisees in the UK and internationally.

**Tony Jackson** is the Managing Director of the Gestalt Centre. He is a psychotherapist, facilitator and coach with 20 years of experience. He is a clinical supervisor working with teams and individuals. He completed the Grad Dip in Supervision in 2019.

**Lynda Osborne** is a UKCP Gestalt psychotherapist. She has been a trainer and supervisor of Integrative/Humanistic counsellors/psychotherapist for over 30 years. Lynda held a senior management post at Metanoia Institute from 1999-2012. She is a Teaching and Supervising Member of the Gestalt Psychotherapy Training Institute. She continues to work with clients, supervisees, trainees and teams in the UK and internationally.

**Leanne O'Shea** is a psychotherapist, supervisor and educator. She studied the Gestalt approach in Melbourne and London. In addition to her private practice work, she holds a number of teaching positions, including the Director of Training at GTA. She is also an Associate with Relational Change in the UK. 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.

## COURSE INFORMATION

### Approach:

We believe that supervision is a relational practice and that our essential relatedness is central to the practice of supervision. In the relational paradigm, our sense of self emerges through our relationships with other individuals and the broader social contexts. The focus of this program is exploring the interrelatedness of the practitioner, their client and the supervisor. Using the Matrix model we will explore these relationships through the lens of context and culture.

**Lateral Learning:**

The program seeks to create a learning community. Peer relationships will be supported by collaborative work and attending to the group process.

**Learning Methods:**

The program will have a mixed delivery of didactic content presentations, large and small group conversations and experiential exercises, practice groups and demonstrations.

**The Graduate Diploma:**

This program will deepen clinical and theoretical models that support work with practitioners and their clients. We will also explore the practice of group supervision. The final 2 days of this training will include providing 'live' supervision to interns from the ConnectGround Clinic.

**Delivery:**

Our intention is to hold the daytime sessions face-to-face at our Training Centre in Carlton North. Given the ongoing COVID-19 situation, we may need to move to a larger venue or deliver online. Ongoing travel restrictions mean that some people may need to do the whole course online and we will cater for this with a hybrid delivery. All sessions with Relational Change Faculty will be online.

**Assessment:**

You will be encouraged to keep a journal throughout the duration of the program (not assessed) and submit a 1500 word reflection on yourself as a supervisor 4 weeks after the program ends.

The Diploma requires a further 7 days training (5 days & 2 days), 40 hours of supervision, 10 hours of supervision, and a written assessment based on a 20 minute taped session.

**Accreditation:**

The Introduction has PACFA accreditation and is a prerequisite for the **Graduate Diploma in Supervision**, this qualification is awarded by Relational Change (UK).

**Costs:**

The cost for the **Introduction to Relational Supervision** (5 days) is **\$1,650**

Additional costs for the **Graduate Diploma in Supervision** (a further 7 days) is **\$ 2,150**

Total cost for the **Graduate Diploma In Supervision** **\$3800**

**Pay for the full Grad Dip by 1st April 2021 and the total course costs will be \$3400.**

**Our Cancellation policy:**

Upon enrolment, you agree to the cost of this course. If you cancel before two weeks of the commencement date and your place can be replaced, your fees will be refunded less a \$50 admin fee. If your place cannot be filled then your course fee will be forfeited.

**PLEASE CONTACT THE GESTALT CENTRE OFFICE TO BOOK TO ATTEND THIS PROGRAM**



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