



# **Counselling Supervision**

**Level 6 Equivalent**

## **Course Document**

**Training for Therapists**

# 1. Welcome to Training for Therapists

We are a specialist training organisation specialising in helping qualified therapists expand their practice. We bring around 15 years of experience in the design and delivery of counselling courses, to our work. We run courses from Hemerdon near Plympton and online.

Everyone involved in the work of Training for Therapists hope that your time with us will be rewarding and enjoyable and most importantly, that it helps you to achieve your learning goals. We are all practicing counsellors and therapists as well as being experienced teachers and university lecturers. We bring our passion for teaching and counselling profession to the groups that we teach.

We actively promote the ethical framework of the British Association for Counselling and Psychotherapy (BACP). Everyone who works at The Hub are registered or accredited members of BACP.

We offer an integrative and cross modal approach to supervision which means we train supervisors to work with supervisees who practice different therapeutic approaches. We draw on a range of supervisory models to work with the different tasks needed for effective supervision. Our holistic view of wellbeing and mental health extends to work with supervisees.

It may be that your question isn't answered within this course document and if this is the case, do feel free to ask your course tutors, who will be delighted to answer any questions you may have.

## 2. The Training for Therapists Teaching Team

### Mark Hartshorn



Mark is an experienced teacher of Counselling and Psychotherapy and brings a wealth of experience from both his work as a trainer and from his work as a counsellor and supervisor. He is experienced in working with Gestalt, Person Centered and CBT concepts as well as a range of Transpersonal approaches to counselling. He is passionate about bringing soul into counselling, therapy and supervision works and brings this passion to his training.

### Jo Schroeder



Jo is an integrative counsellor and supervisor, she works holistically in private practice. Jo has several years teaching experience which began with Mathematics and she is also trained to hold intense group processes. She loves the richness and opportunities for growth the learning environment provides and is a registered member of the BACP.

### **3. Level 6 Equivalent Counselling Supervision**

#### **The Course Aims**

This course is a part time course covering 97 guided learning hours. This qualification is designed to give learners the knowledge, skills and competencies to work as supervisors within the field of counselling and psychotherapy. The course is aligned with BACP supervision competencies

#### **The Course Content**

The course takes a cross modal approach to supervision, meaning we will cover both developmental and process models of supervision.

We will draw on the work of Hawkins and Shohet and their Seven Eyed Process Model as well as looking at Stoltenberg and Delworth's developmental model of supervision.

There will be time spent looking at what supervision actually is, the ethics of supervision and draw on the work of Kohut to explore the supervisory relationship. There will be an opportunity to look at what makes supervision effective, the responsibilities that come with being a supervisor and plenty of supervision time to explore our practice as supervisors.

#### **The Course Tutors**

**Mark Hartshorn** brings around 15 years worth of teaching courses from levels 2 up to supervision level, to the course. He is passionate about therapy work and teaching and is often told that this is very much evident during training group sessions. He has a private practice in Plymouth and online where he sees clients and supervisees. He has been involved in the world of counselling for around 30 years.

**Jo Schroder** is an experienced therapist and supervisor working in private practice. She has worked at Simply Counselling in Plymouth both as a counsellor and supervisor and has a wealth of experience in working with groups. She has a great deal of knowledge and wisdom to share, based on her extensive research and understanding of working in the field of therapy. Students regularly report that her invaluable insights have helped them enormously during their training.

## Entry Requirements

You need to have completed a Level 4 Diploma in Therapeutic Counselling or the equivalent and a level 5 qualification or other suitable post qualifying experience. You also need to have completed at least 450 hours of practice as a counsellor. You need to be over 19 years old. We do not recommend that you begin this course if you are currently struggling with severe emotional difficulties. We will discuss any personal situations with you at the time of enrolment to ensure that you are in the best position to get the most out of the course and achieve your qualification. We do ask that you ensure that you are academically and emotionally able to cope with this level of training. It is also really important at this level that you are able to work with challenge and feedback from peers and tutors and that you feel comfortable to challenge and give feedback yourself.

You will need to be able to read and have sufficient writing skills to meet the written work requirements for the course. We suggest that at least a GCSE Grade C or above in English would be a great advantage to you in the completion of the written aspects of the course. It would benefit you greatly if you are able to form a therapeutic relationship and have good self awareness and the ability to make links. You will need access to a computer and printer and have adequate IT skills.

## Course Requirements

The programme for this course includes theory lectures, demonstrations, group work, peer to peer supervision sessions, tutor and peer assessed observations of practice, a weekly learning journal, self reviews and tutorials. You will need to allow around 3-4 hours per week for homework.

You will need to complete 15 hours of supervision practice either in independent practice or in the role of supervisor in an agency setting. It will be your responsibility to find either private supervisees or a position within a counselling agency in order to complete these hours.

You will need to undertake a minimum of 5 hours of supervisory supervision during the course. The cost of this is not included in the course fees.



## **4. Progression Opportunities**

Training for Therapists offers a range of post qualifying CPD courses and workshops

## **5. What to Expect**

A typical course session will begin with a check in. This is a chance to share with the group something of how you are feeling and what is going on for you. It is a good way of “arriving” and an opportunity to practice empathic listening and to get to know more about the other members of the group.

This is followed by the delivery of some theory or the introduction of a new concept and small group work, pair work and skills practices provide you with the opportunity to practice the new ideas you have learnt.

## **6. Attendance Requirements**

You will need to attend 85% of the course sessions and write a learning journal for each session of the course in order to complete the training successfully. There may be times when there are exceptional circumstances which make this difficult and such situations will be discussed with you personally.

## **7. Equal Opportunities**

At this level of training we promote autonomous learning and so if you would like a tutorial to discuss any aspect of the course, you can request one. They will be available at the start and the end of the session. If you need to talk to a tutor, please let one of them know and arrange an appointment. Likewise, if we need to talk to you about an aspect of the course that cannot be addressed in the group, we will invite you to a tutorial

When you apply for a place on the course, we will ask for details of any additional learning needs you may have, such as dyslexia and we will discuss these with you to ensure we can accommodate your requirements. If we are unable to, we will signpost you to another training provider who may be able to meet them. Our premises are totally accessible to wheelchair users and we have disabled parking available. Assistance dogs, signers and interpreters are welcome and will not need to pay any fee to attend the course sessions.

## 8. Course dates, deadlines, times and important dates

A list of all course dates, times, deadlines for course work will be provided separately. Please make a note of important dates and times, such as deadlines and assessment dates as missing these could compromise your successful qualification from the course.

## 9. Policies and Procedures

We are committed to working ethically and in line with the British Association for Counselling and Psychotherapy's ethical framework,

## 10. Assessment

The course is assessed internally. We ask that you keep a reflective learning journal which will help you to consolidate your learning from each session.

We will assess the internal part of your work via journals, assignments and observation. You will be given feedback by tutors and peers as the course progresses.

Successful completion of the course is based on a comprehensive case study you will write based on your work with a client to show how you have integrated the learning from the course into your practice. In the event that you are unsuccessful in passing the case study assessment, it is possible to resubmit a case study which will be subject to a marking fee of £100. Upon successful completion, you will receive a certificate confirming successful completion of this level 5 equivalent course.

## 11. Complaints and Appeals

We are confident that your learning experience with us will be an enjoyable, worthwhile and valuable experience. However if you feel that we have let you down in some way during any part of your experience with us then you can be assured that we have a complaints and appeals procedure which will ensure that your complaint or appeal is dealt with in a professional way.

Full details of the complaints and appeals policy is available when you have enrolled on the course. It is summarised below:

### Learner Complaints Procedure

Should you have a complaint about any aspect of your experience of us as an organisation or the training you have received, then we really would like to know about it. Our complaints policy outlines the way in which your complaint can be presented to us and how we will deal with it.

### Academic Appeals Procedure

If you have a complaint about a decision we have made regarding an aspect of your assessment, then we will deal with your appeal in line with the appeals procedure.



## 11. Our Philosophy

At Training for Therapists we believe in an holistic approach to working with clients either in a helping or counselling capacity. We offer an integrative approach to helping, counselling and supervision work.

We believe that it is important to attend to all of the client, their mind, body, emotions and soul. Our courses reflect this belief in that we will teach you theories, techniques and concepts which will help you to be able to work with a wide variety of problems that clients and supervisees may present with.

We believe in the ethical framework of the British Association for Counselling and Psychotherapy (BACP) and therefore promote their ethical principles both within the training environment and within work with clients. The ethical principles we refer to are: Being Trustworthy, Autonomy, Beneficence, Non-maleficence, Justice and Self Respect.

*Philosophy*

We offer an integrative training as opposed to a training in one particular theoretical orientation. We will therefore teach a range of counselling approaches on our courses. We do this because we believe that everyone is different and that one approach to counselling

may not suit everyone. We believe that having a range of theories to draw on in our practice will mean that a wider range of clients may be served by our work and that we will be more able to meet their specific needs. We include Gestalt, Cognitive Behavioural, Person Centred, Transpersonal and Psychodynamic concepts in our training. Our supervision course teaches an integrative cross modal approach.

## 12. Assessment

To achieve the qualification, students must be internally assessed as proficient in seven learning outcomes of the qualification. These are assessed via learning journals and a structured case review of 3000-3500 words at the end of the training.

## 13. Reading List

Supervision in the Helping Professions - Peter Hawkins and Robin Shoet

Supervising Counsellors and Therapists: A Developmental Approach - Stoltenberg and Delworth

Good Practice in Supervision with Psychotherapists and Counsellors - Don Feasey

Practical Supervision: How to Become a Supervisor for the Helping Professions - Penny Henderson

Passionate Supervision—Robin Shoet

Standards and Ethics for Counselling in Action - Tim Bond

Effective Supervision for the Helping Professions - Michael Carroll



'Supervision is a place where a living profession breathes and learns ... supervision can be a very important part of taking care of oneself, staying open to new learning, and an indispensable part of the coach's on-going self-development, self-awareness and commitment to learning.'

Hawkins and Shoet