

Supervision: A Psychological Approach

SHORT COURSE

**TRAINING
PROGRAMMES**

SEPTEMBER 2012

Ref. D67



This course has been developed in the context of the BPS requirements and HPC standards on psychology services to provide supervision. The BPS quality standards for psychology services make clear the increasing importance that is attached to supervision.

In addition clinical governance with its emphasis on professional accountability is likely to have an increasing influence on the need for formal supervision within psychology services and community working contexts.

Supervision is a central part of professional practice, to support quality services for clients, ongoing development for individual practitioners and to underpin 'healthy' organisations.

Aims

The aim of the course is to develop and extend educational, clinical and counselling psychologists' knowledge about, and skills in, supervision. In particular the course will ensure participants:

- Develop their own reflective practice through supervision
- Provide quality supervision for colleagues and trainees
- Support the development of supervisory structures in their own service
- Become more familiar with systemic, psychoanalytic, group dynamic and multi-agency approaches to supervision.

Course Contents

Please note some planned sessions may be changed to a different day depending on the availability of the key speaker.

DAY ONE

Introduction to Supervision

Aims of the day

- To introduce participants to the context and practice of supervision
- To refresh participants interpersonal supervisory skills.

DAY TWO

Introduction to Systemic Ideas in Relationship to Supervision

Aims of the day

- To introduce participants to systemic ideas
- To allow participants to practice systemic thinking in supervision
- To consider social inequality and inclusion in relationship to supervision.

DAY THREE

Introduction to Psychodynamic Ideas in Relationship to Supervision

Aims of the day

- To introduce participants to psychodynamic ideas
- To allow participants to experience psychodynamic approach in supervision
- To consider authority, responsibility and leadership in supervision.

DAY FOUR

Introduction to Group Dynamic Ideas in Relationship to Supervision.

Aims of Day

- To introduce participants to ideas about group dynamics
- To allow participants to experience the groups dynamics within supervision
- To consider issues of audit and professional accountability within supervision

DAY FIVE

The Multidisciplinary Context

Aims of Day

- To allow participants to explore the practice and experience of supervision in integrated working contexts
- To help participants to site their own skills within a multidisciplinary environment

Course Outline

The course structure consists of five full-day sessions. In each of the full days a specific model of supervision will be introduced, psychoanalytic, systemic and group. We will also look at multi-agency/disciplinary perspectives. These will be tied to specific practice issues, for example ethics, social inequality, audit and professional accountability. Course members will have the opportunity to practice new skills and to address ongoing issues of supervision within their service.

Learning Outcomes

At the end of the course participants will be able to:

- Understand the fundamental connection between supervision and professional development
- Use psychological frameworks within supervision practice
- Understand the importance of 'difference' (gender, culture, age) for supervision
- Undertake supervision using a reflective model
- Understand supervision within a multidisciplinary context

Time Commitment

The course will run from 9am to 5pm on the following days:

13 July 2012

20 July 2012

14 September 2012

21 September 2012

28 September 2012

Course Organiser

Liz Kennedy

FURTHER INFORMATION

Course Administrator,
Directorate of Education and Training,
The Tavistock Centre, 120 Belsize Lane,
London NW3 5BA

Tel: 020 8938 2313

Fax: 020 7447 3837

Email: edpsychadmin@tavi-port.org

www.tavistockandportman.ac.uk