

## The Existential Supervisor - the Wheel of Supervision

### Summary

It is acknowledged that becoming a supervisor demands additional skills, awareness and responsibilities to those learnt as a therapist, counsellor or coach. This 5-day Supervisor Training course evolved from in-depth research is designed to enable practitioners to develop their personal model of supervision and thereby maximise best practice for themselves and their supervisees.

The theoretical underpinning of this course is primarily existential/ phenomenological and embraces the supervisor's duties, responsibilities and tasks with an emphasis on the relationship realms that lie at the heart of human existence. Specifically, Existential supervision offers the chance to gain alternative perspectives and to explore the existential issues that arise within the interweaving realms of relationship. An understanding of the self of the supervisor and supervisee is intrinsic to the process.

While concentrating on individual supervision, this course will provide insights into group and team supervisory work. Various theories and philosophical views will be examined with focus on experiential activities, group discussion and supervision practice.

A further five, 2-hour group supervision practice sessions will be offered following the program.

### Who will benefit?

This course is designed for:

- Experienced practitioners who wish to learn about supervision
- Supervisors who wish to add an existential perspective to their existing knowledge

### Learning Outcomes:

1. Demonstrate skills to foster a safe supervisory relationship
2. Demonstrate appropriate skills relevant to the diverse roles and responsibilities of a supervisor
3. Negotiate a suitable contract with a potential supervisee(s)
4. Understand the use of different theories and methodologies
5. Understand the range of supervision models and to articulate a personal model
6. Demonstrate the ability to use authority appropriately
7. Understand and apply the knowledge of ethical and legal frameworks
8. Identify their scope and limitations as supervisors
9. Understand how supervision benefits the clients

### Content areas

- Philosophical foundations of Existential Supervision
- Models and frameworks for supervision
- The supervisory inter-relationships
- Authenticity and Responsibility
- Modes of Presentation
- Group, team and individual supervision
- Legal and ethical issues
- Working with difference