



Diploma in Counselling Supervision

BRIEF COURSE INFORMATION



CONTENTS

INTRODUCTION	3
COURSE DATES FOR 2021/22	4
TRAINERS	4
VENUE.....	4
ASSESSMENT.....	5
Formative assessment	5
Summative assessment	5
Assignment Submission Dates.....	6
Marking.....	6
FEEDBACK	6
COURSE STRUCTURE.....	7
Module 1: LAYING FOUNDATIONS	7
MODULE 2 – Deepening foundations, and Ethical Practice.....	7
MODULE 3 – Developing Identity	7
MODULE 4 – Co-Creation	7
MODULE 5 – Integration.....	8
REFLECTIVE PRACTICE.....	8
PLACEMENTS	8
Placements with UK Counselling Network CIC	9
TRAINER BIOGRAPHIES	9
Bev Gibbons, PTSTA	9
Ronen Stilman, PTSTA.....	9
APPLICATION	10
FEES	10

INTRODUCTION

Starting in **September 2021**, the Physis Scotland Diploma in Supervision course will be delivered over 10 days of highly interactive and experiential training, spread over a 10 month period.

This dynamic training will enable you to:

- Develop an in depth knowledge of several models of supervision, both developmental and task focussed
- Establish a clear ethical framework for your work as a supervisor, and enable your supervisees to develop their own ethical thinking and practice
- Understand the differences between therapeutic work and supervision, and be able to work at the boundary of these aspects whilst maintaining the role of supervisor
- Learn supervision skills for working with both novice and experienced counsellors, and apply appropriate interventions to working with both groups
- Understand and critique applications of supervision for both individual and group supervision
- Develop your identity as a supervisor based on your own philosophy of supervision.

Applicants must have a COSCA Diploma in Counselling or equivalent minimum level of counselling/psychotherapy training, have worked as a counsellor or psychotherapist for 2 years post Diploma qualification and completed at least 450 hours of practice as a counsellor or psychotherapist. Applicants must be in ongoing supervision for their clinical practice. A basic knowledge of Transactional Analysis would be an advantage, for example attendance at a TA101 or similar.

In addition, applicants must be either practicing as a supervisor or will have the opportunity to supervise at least 2 supervisees working with adults over the duration of the course. Applicants currently not practicing as a supervisor will be supported in identifying the placement setting where they will acquire the 24 hours of supervised supervision required for the Diploma award and will have a "supervision of supervision" contract in place with a Physis Scotland approved supervisor, before commencing the training.

COURSE DATES FOR 2021/22

25th/26th September 2021

13th/14th November 2021

15th/16th January 2022

12th/13th March 2022

4th/5th June 2022

TRAINERS

[Bev Gibbons](#) PTSTA

[Ronen Stilman](#) PTSTA

VENUE

Physis Scotland, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN.

Please note that Physis Scotland will be observing ongoing Government advice regarding Coronavirus, and this may mean that some of your 2021-2022 training will be delivered online. Course participants will be advised as soon as possible of any such changes.

ASSESSMENT

Formative assessment

This will be made by the course tutors during the training days, evaluating skills development and understanding of theory demonstrated during the training process. The transcript assignments have a formative assessment component alongside their Summative scoring.

For the Diploma award, the Supervisor of Supervision will be asked to complete an end of year report. A sample extract (2-3 pages) from the student's reflective learning journal should also be submitted.

Summative assessment

All written assignments will be graded according to the post graduate assessment scales found in the supervision training handbook.

Essay (3500 words) - Outline and critically evaluate your philosophy of supervision, including underpinning theories and models, and the ethical framework within which you practice. This will include a transcript of a 5 minute excerpt of live supervision from your practice, including appropriate "front sheet" information, and commentary linking to supervision theory and your philosophy of supervision. (Word count excludes transcript)

Case study (3000 words) - Describe and critically evaluate your chosen models of supervision using a case study from your Supervision practice. This will include a transcript of a 5 minute excerpt of live supervision, appropriate "front sheet" information, and commentary linking your analysis of your case study to your chosen models. (Word count excludes transcript)

Reflective practice assignment (2000) – Reflect on your transformative experience, insights and learnings during your journey towards becoming a supervisor. Include your experience in the group, your experience as a learner, your experience in skills practice and your experience with the Tutors. This can include extracts from your reflective journal, poem, images and any other creative material.

Assignment Submission Dates

The Essay will be submitted by the (dates to be confirmed)

The Case study will be submitted by the (dates to be confirmed)

Reflective practice assignment will be submitted by the (dates to be confirmed)

*All assignments must be submitted in order to complete the Diploma.

Marking

All assignments will be double marked.

FEEDBACK

Student feedback is collected informally throughout the course, and through a feedback form at the end of each taught module. At any point students are invited to contact the course tutors if they are in need of academic or pastoral support.

Administrative queries should be directed to Olivia Burroughs, Physis Scotland Administrator on enquiries@physisscotland.co.uk or 07927 557217.

COURSE STRUCTURE

Module 1: LAYING FOUNDATIONS – Days 1 and 2

- Contracting in supervision
- What is supervision? Introduction to theory and models of supervision
- Supervision frame – being supervisee, being a supervisor
- Supervision skills practice
- Reflective group space

MODULE 2 – Deepening foundations, and Ethical Practice – Days 3 and 4

- Ethics and safeguarding - ethical dilemmas, development of ethical thinking in professional practice
- Theory of supervision
- Supervision skills practice
- models of supervision
- Demonstration of supervision and discussion
- The transition from practitioner to supervisor
- Depth, creativity and metaperspective

MODULE 3 – Developing Identity – Days 5 and 6

- Parallel process
- Challenge in supervision
- Supervision skills practice
- Creative work in supervision
- Development of own philosophy and identity of supervision
- Anti-oppressive practice

MODULE 4 – Co-Creation – Days 7 and 8

- Theories of group supervision
- Compare/contrast with individual supervision
- Contracting
- Group skills practice
- Theories and principles of group supervision
- Challenges/considerations/gains in group supervision

MODULE 5 – Integration - Days 9 and 10

- Consolidation of own philosophy & Identity of supervision
- Teaching in supervision
- Owning the supervision space

REFLECTIVE PRACTICE (ongoing throughout the course)

- Coached, observed and peer supervised supervision skills practice across each module
- Supervised supervision practice (total 24 hours required for Diploma)
- Reflective learning journal
- 2 supervised transcript analysis assignments for completion with supervisor of supervision

PLACEMENTS

All students are required to make arrangements for a supervision practice placement which

- Offers supervision to qualified counsellors, or to trainee counsellors who have ongoing additional supervision with a qualified supervisor
- Enables audio recording of supervision sessions
- Is supervised at a ratio of 1 hour's supervision of supervision to every 6 hours of supervision practice
- Is supervised by an experienced supervisor with a recognised supervision qualification at Diploma level or by a PTSTA or TSTA

Physis Scotland can support supervision trainees in accessing the cohort of Diploma in Counselling trainees who would be interested in receiving additional free supervision from Trainee Supervisors during the Diploma in Supervision programme.

Supervision trainees are asked to contract with any counsellors being supervised by them that the supervisee counsellor will have a discussion with their existing Principal Supervisor to let them know they are receiving secondary supervision with a trainee supervisor, and to agree what elements of their practice they are bringing to each.

Placements with UK Counselling Network CIC

Physis Scotland have links with the UK Counselling Network CIC, a low-cost counselling service based in Leeds which offers open ended counselling to clients. Physis supervision students can apply to be placed on the list as extra supervisors for the therapists.

Physis Scotland students can complete 12 of their placement hours with UK Counselling Network and the remaining 12 face to face (once pandemic restrictions are lifted). Whilst pandemic restrictions are in place, students can complete 24 placement hours online with UK Counselling Network.

TRAINER BIOGRAPHIES

Bev Gibbons, PTSTA

Bev has a BA Hons in integrative counselling. She works as a trainer, supervisor and psychotherapist in private practice in Leeds. Bev has previously served as Chair of UKATA Council and Chair of the UKATA Safeguarding Committee.

Bev is passionate about getting TA 'out there' so that as many people as possible are aware of it and can experience themselves positively through its great potential to transform. She is committed to working across all 4 TA fields, and to continuing to explore and experience the potential in relational, co-creative processes. Bev is a Core Tutor at TA Training Organisation in Leeds, and is a Guest Trainer at Physis Scotland.

Ronen Stilman, PTSTA

Ronen has an MSc in TA Psychotherapy. He is an experienced and qualified UKCP registered psychotherapist, supervisor and trainer, and has a private practice based in Edinburgh city centre.

Ronen is a core tutor on the Physis Scotland COSCA validated Diploma in Counselling using TA programme. He has previously taught on a variety of continuous professional development courses such as Working with Couples, Narrative Change Identity Structure and Post Natal Depression.

APPLICATION

An application form is available from Physis Scotland. Please contact us by emailing enquiries@physisscotland.co.uk or telephoning 07927 557217. The deadline for applications for the Diploma in Counselling Supervision has been extended to the **31st August 2021**.

FEES

Diploma fee: £1050 (5 taught modules over 5 weekends) £150 deposit plus 3 x £300 if self-funding. If you are being sponsored through your organisation, the fee is £1350. £150 deposit plus the full balance a week before the commencement of the programme.

A deposit as indicated above is required to secure your place. The balance may be paid in full 1 week before the start of the course, or spread over 3 instalments, paid in September, February, and June. Please complete the appropriate section of the registration form to take up the instalment payments option.

Please note: fees for supervision of supervision are not included and are a matter for agreement directly with your supervisor. Physis Scotland holds a list of suitably qualified and experienced supervisors who are willing to supervise student supervisors on the Diploma course.

Physis Scotland, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN

www.physisscotland.co.uk

enquiries@physisscotland.co.uk

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