



Diploma in Counselling Supervision

BRIEF COURSE INFORMATION



CONTENTS

- INTRODUCTION 3**
- COURSE DATES FOR 2021/22 4**
- TRAINER 4**
- VENUE 4**
- ASSESSMENT 5**
 - Formative assessment 5
 - Summative assessment 5
 - Assignment Submission Dates 5
 - Marking 6
- FEEDBACK 6**
- COURSE STRUCTURE 6**
 - Module 1: LAYING FOUNDATIONS 6
 - MODULE 2 – Deepening foundations, and Ethical Practice 6
 - MODULE 3 – Developing Identity 7
 - MODULE 4 – Co-Creation 7
 - MODULE 5 – Integration 7
- REFLECTIVE PRACTICE 7**
- PLACEMENTS 8**
 - Placements with UK Counselling Network CIC 8
- TRAINER’S BIOGRAPHY 9**
 - Nicky Worrell, PTSTA 9
- APPLICATION 9**
- FEES 9**
- CONTACT INFORMATION 10**

INTRODUCTION

The Physis Scotland Diploma in Counselling Supervision programme is an integrative supervision training drawing on TA philosophy and based on a wide range of theories.

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 - ONLINE

23rd/24th October 2021

15th/16th January 2022 - ONLINE

12th/13th March 2022

4th/5th June 2022

TRAINER

Nicky Worrell, PTSTA

VENUE

Following the Scottish Government's recent guidance around the removal of social distancing and updated guidance for colleges and universities, we are delighted to be returning to our premises in Drumsheugh Gardens this academic year using a phased approach. This will involve some training weekends being delivered online and some taking place face-to-face.

Face-to-face training will take place at Physis Scotland, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN.

September and January training weekends will be delivered online, whilst the October, March and June weekends will be delivered in-person.

We will continue to review our decisions constantly as we receive updated guidance from the Scottish Government and COSCA. Please be assured that your safety is our top priority.

ASSESSMENT

Formative assessment

This will be made by the course tutor during the training days, evaluating skills development and understanding of theory demonstrated during the training process.

For the Diploma award, the Supervisor of Supervision will be asked to complete an End of Year report. In addition, students will keep a Reflective Learning Journal for the duration of the programme. A sample extract (2-3 pages) from the student's Reflective Learning Journal must be submitted to the course tutor before the final training weekend.

Summative assessment

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

Essay (3000 words) - Outline and critically evaluate your philosophy of supervision, including underpinning theories and the ethical framework within which you practice.

Transcript Analysis – Complete two transcripts of 5 minute excerpts of live supervision from your practice, including appropriate “front sheet” information, a commentary and a 500 word analysis of the work done in each, referring to supervisory theory.

Case study (3000 words) - Describe and critically evaluate your chosen models of supervision, demonstrating how your models correspond with your philosophy of supervision. Please use two case studies from your Supervision practice.

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

Assignment Submission Dates

The Essay will be submitted by **1st March 2022**

Transcript 1 will be submitted by **1st March 2022**

The Case study will be submitted by **1st September 2022**

Transcript 2 will be submitted by **1st September 2022**

Marking

All assignments will be marked by the course tutor in the first instance. A sample of assignments will be double marked anonymously by at least one other marker, before being sent to the Physis Scotland External Examiner for moderation.

FEEDBACK

At the end of the academic year, your course tutor will provide you with written feedback in the form of an End of Year Report.

Student feedback is collected informally throughout the course, and through a feedback form twice a year, usually mid-year and during the last training weekend. At any point students are invited to contact their course tutor 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
- Enables students to complete 24 hours of supervision practice either during or after the programme has ended
- 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 (provided safe to do so). Students can complete 24 placement hours online with UK Counselling Network until such times it is safe for them to resume face to face work.

TRAINER'S BIOGRAPHY

Nicky Worrell, PTSTA

Nicky is a UKCP registered psychotherapist, supervisor and trainer. Nicky has been in private practice since 2004 and has a special interest in supervision. She has a private practice in Winchester working with clients and supervisees and is a Foundation Year Tutor at Peter Symonds College. Nicky is also a member of the UKATA Ethics Committee.

APPLICATION

An application form is available from Physis Scotland. Please contact us by emailing enquiries@physiscotland.co.uk or telephoning 07927 557217. The deadline for applications for the Diploma in Counselling Supervision has been extended to the **14th September 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.

CONTACT INFORMATION

Physis Scotland

22 Drumsheugh Gardens, Edinburgh, EH3 7RN

www.physisscotland.co.uk

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