



# DIPLOMA IN COUNSELLING SUPERVISION

2022-2023



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## 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. The Diploma is aligned with the BACP Supervision Core Competencies.

Starting in **October 2022**, the Physis Scotland Diploma in Supervision course will be delivered over 10 days of highly interactive and experiential training, spread over an 8-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 2022/2023**

1<sup>st</sup>/2<sup>nd</sup> October 2022 (IN PERSON)

3<sup>rd</sup>/4<sup>th</sup> December 2022 (ONLINE)

4<sup>th</sup>/5<sup>th</sup> February 2023 (ONLINE)

1<sup>st</sup>/2<sup>nd</sup> April 2023 (IN PERSON)

13<sup>th</sup>/14<sup>th</sup> May 2023 (IN PERSON)

## **TRAINER**

Nicky Worrall, TSTA (P)

## **VENUE**

Physis Scotland's Diploma in Counselling Supervision course will be delivered using a blended approach of face-to-face and online training.

Face-to-face training is scheduled to take place at 22 Drumsheugh Gardens Edinburgh EH3 7RN. The December and February weekends will be delivered online, whilst the October, April and May weekends will be delivered in-

person. **All training weekends will start at 9.30am and finish at 5pm on Saturdays and 4pm on Sundays.**

## **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 **1<sup>st</sup> May 2023**

Transcript 1 will be submitted by **1<sup>st</sup> April 2023**

The Case study will be submitted by **1<sup>st</sup> September 2023**

Transcript 2 will be submitted by **1<sup>st</sup> September 2023**

## **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**

On completion of all coursework, 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](mailto:enquiries@physisscotland.co.uk) or 07927 557217.

## **COURSE STRUCTURE**

### **Module 1: Laying Foundations – Days 1 and 2**

- What is supervision? Introduction to theory and models of supervision
- The supervision frame: roles of supervisee and supervisor
- Contracting in supervision
- Supervision skills practice
- Reflective group space

### **MODULE 2: Deepening foundations: Ethics – Days 3 and 4**

- Ethics, safeguarding, dilemmas and the development of ethical maturity
- The transition from practitioner to supervisor
- Unconscious process in ethical decision making
- Models of supervision
- Supervision skills practice

### **MODULE 3: Developing Identity – Days 5 and 6**

- Parallel process
- Diversity and inclusion
- Challenge in supervision
- Development of own philosophy and identity in supervision

### **MODULE 4: Group Supervision – Days 7 and 8**

- Theories and principles of group supervision
- Contracting in groups

- Considerations for working with groups
- Creative interventions in groups
- Group skills practice
- Working creatively

## **MODULE 5: Integration - Days 9 and 10**

- Teaching in supervision
- Online supervision practice
- Consolidation of own philosophy of supervision
- Supervision of your supervision

## **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 is currently embarking on an exciting new venture with our colleagues Nathan Gould (PTSTA) and Sally Benson, MBACP and their Award Winning Social Enterprise UK Counselling Network CIC. Physis Scotland is offering a low-cost counselling service online and face-to-face on a Thursday and Fridays daytime initially. Face-to-face counselling takes place in Physis Scotland, 22 Drumsheugh Gardens. The service will be staffed primarily by existing advanced trainees, endorsed to practice on our Diploma in Counselling using TA programme.

Physis supervision students can apply to be placed on the list as extra supervisors for the therapists. Please be in touch with Jamie Jeffreys, Placement Co-ordinator if this is of interest to you. Jamie's email contact is [jamie@ukcounsellingnetwork.co.uk](mailto:jamie@ukcounsellingnetwork.co.uk)

Physis Scotland students can complete 7 of their placement hours with UK Counselling Network and the remaining 17 face to face.

## TRAINER'S BIOGRAPHY

### Nicky Worrall, TSTA (P)

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.

## FEES

Diploma fee: £1200 (5 taught modules over 5 weekends) £150 deposit plus 3 x £350 if self-funding. If you are being sponsored through your organisation, the fee is £1500. £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 May. 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.

## HOW TO APPLY FOR THE DIPLOMA IN COUNSELLING SUPERVISION

To apply for the Diploma in Counselling Supervision, you need to complete and return an application form and attach a copy of your CV along with a copy of your professional indemnity insurance and professional memberships. In addition, you need to attach a personal statement where you tell us why you are applying for the course.

Once we receive your application, we will make contact with your referees. Upon receipt of satisfactory references, you will be offered an unconditional place on the course.

If you would like to apply for the course and have not received an application form with this booklet, please contact [enquiries@physisscotland.co.uk](mailto:enquiries@physisscotland.co.uk) or 07927 557217 to request your application form. Please also contact us if you have any other questions about the course. The deadline for applications for the Diploma in Counselling Supervision is **20<sup>th</sup> September 2022**.

## CONTACT INFORMATION

Physis Scotland

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