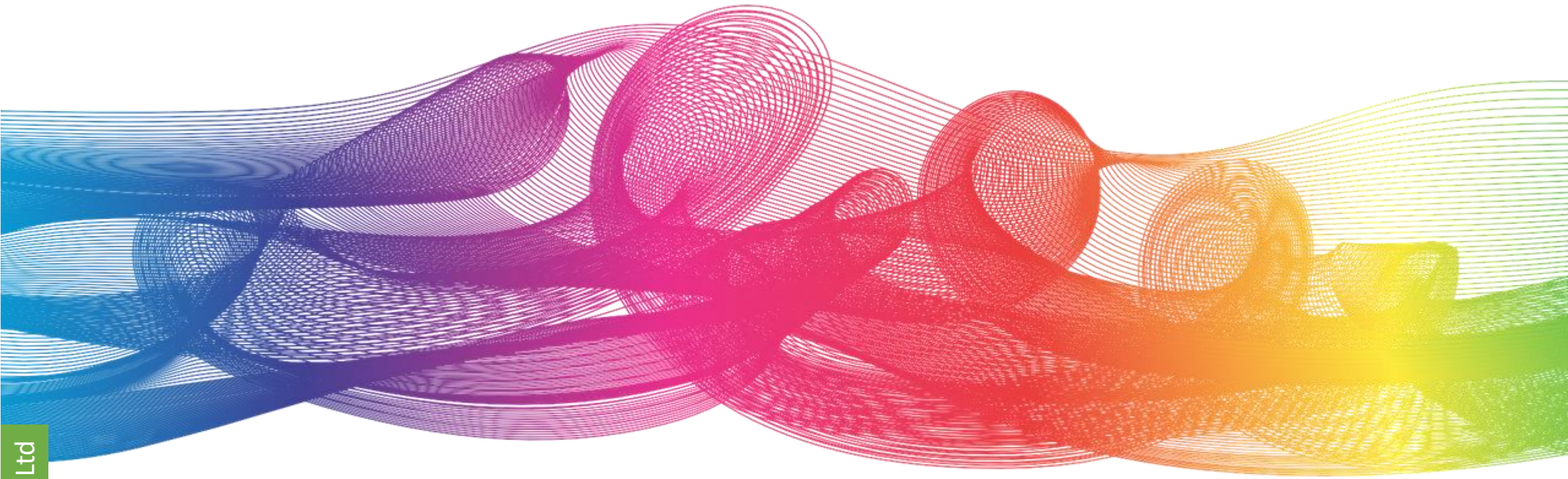




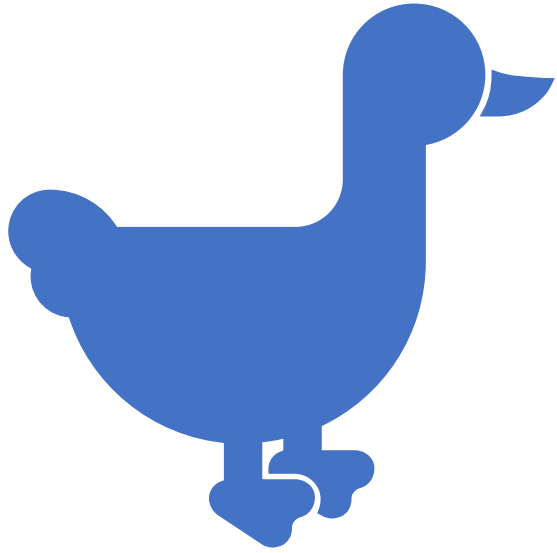
Deep Release Online
Professional Training for Counsellors



CREATIVE SUPERVISION

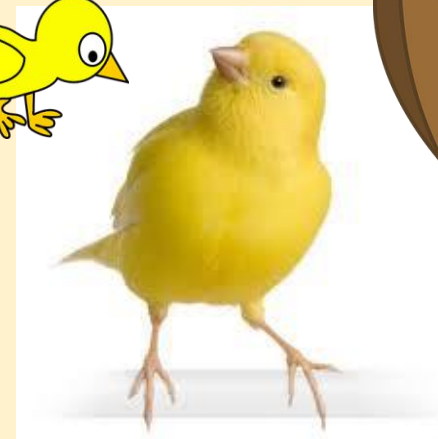
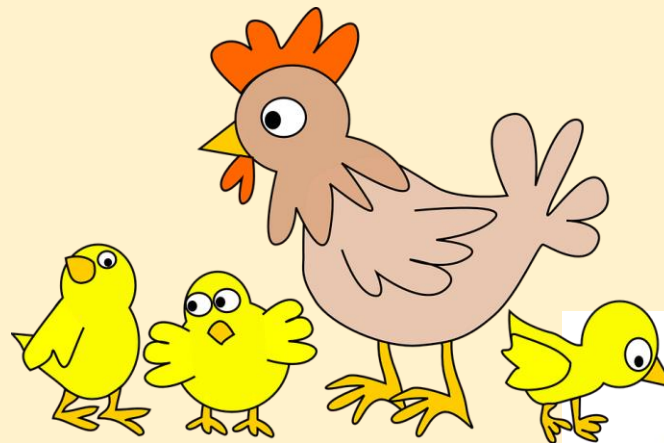
BREAKOUT ROOMS AND DEMOS

- **Groups will be 2s and 3s**
- **Each time the groups will change**
- **In the group, decide who will be the supervisor and who will be the supervisee - if 3s, one can be the observer / helper**
- **Try to get at least one opportunity to be the supervisor**
- **Group sessions are 15 mins – either divide the time up, or stick with one piece of work**
- **To volunteer, please make sure your picture has strong lines and preferably colour to that everyone can see it when you hold it up**
- **To volunteer to do a demonstration, click on “Reactions” at the bottom of the Zoom screen and select “Raise Hand”**



Draw your
client as a
bird

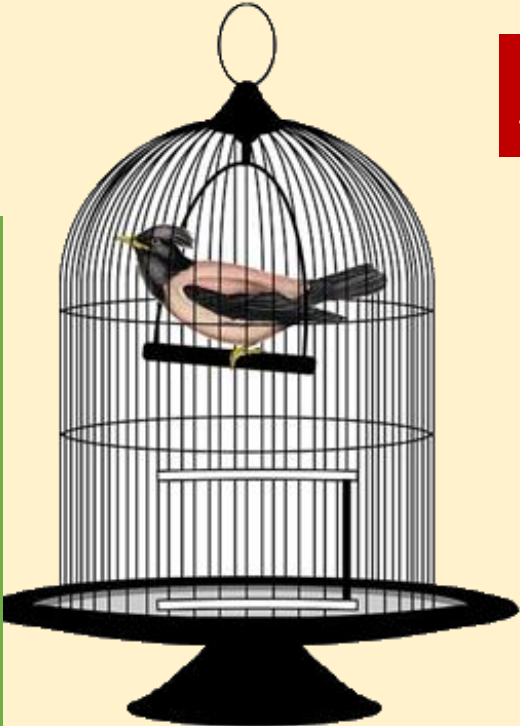
1. DRAW YOUR CLIENT AS A BIRD



2. WHERE ARE THEY? HOW ARE THEY FEELING?



Add speech bubbles and feeling words





FEELING WORDS

3. DRAW YOURSELF INTO THE PICTURE

1. Where have you put yourself in the picture?
2. What are you feeling?
3. What does your speech bubble say?
4. Explore the dynamics between you and the client
5. Would you show this to your client?



**TIME FOR A
DEMONSTRATION**

TIME FOR SOME PRACTICE

**Work in small
groups**

15 minutes

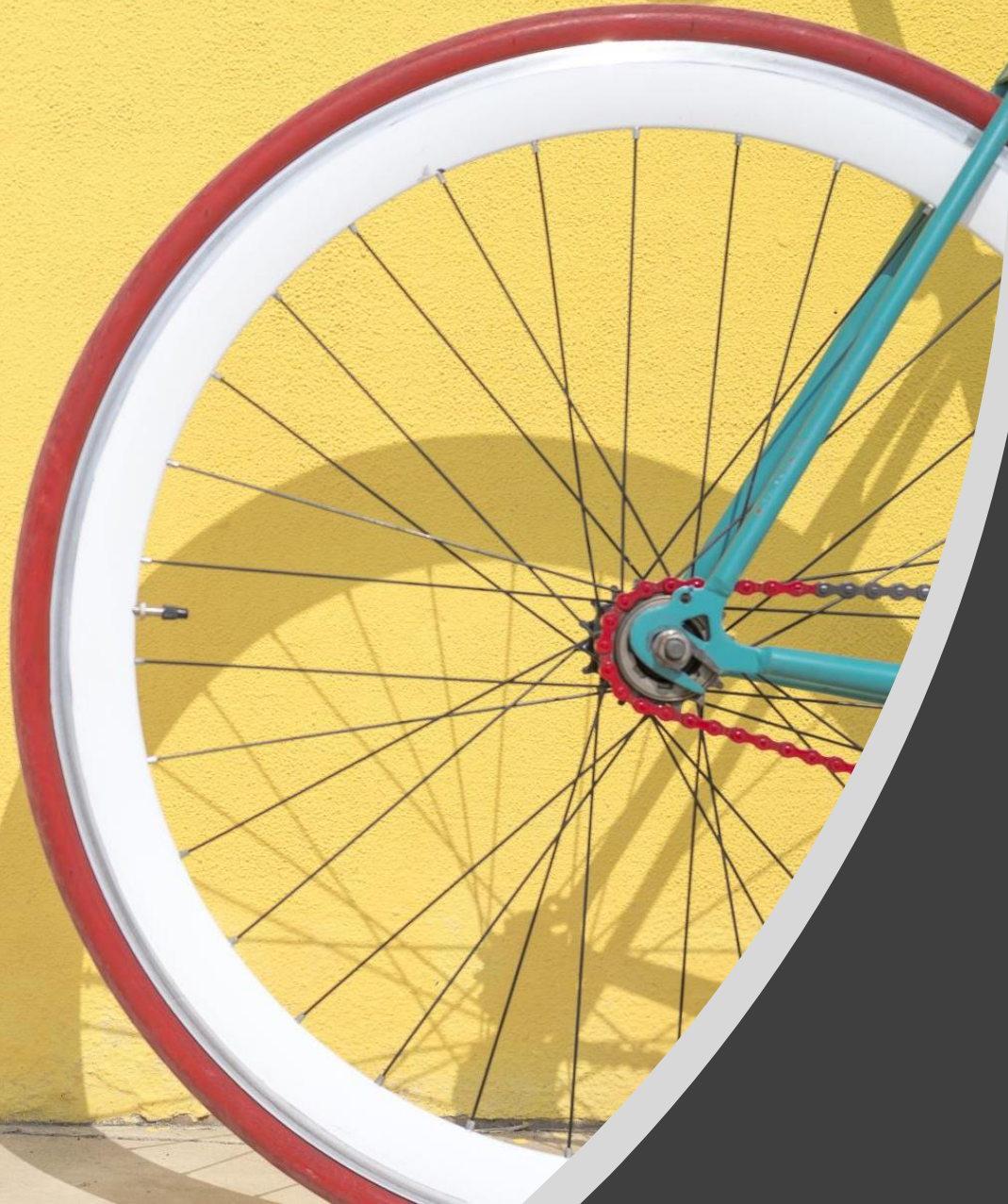
*Divide the time up
between you, or
focus on just one*



BREAK TIME



5 MINUTES



**A creative
wheel
for keeping
records**

The diagram is a circular assessment tool. At the center is a circle containing the text "Client Code" and "Date of Wheel". Surrounding this center is a larger circle divided into 16 equal segments. Each segment is labeled with a topic in red text, arranged clockwise from the top: "Presenting Issues", "Partner", "Children", "Grand children", "Parents", "Siblings", "Employment", "Finances", "Living Environment", "Faith/Spiritual", "Friends/Social", "Physical Health", "Childhood", "Counsellor/ Client relationship", and an unlabeled segment at the top. Outside the circle, there are 16 rectangular text boxes, one for each segment, for taking notes. The boxes are arranged in four groups of four: two on the left and two on the right. The bottom-right box is shaded grey.

SUPERVISION CLIENT RECORD TOOL

NOT A REAL
CLIENT !!

Good start.

lonely only child.

Client closed up.

Not practising - "Quit"

Presenting Issues
Depression
low self-worth
Marriage difficulties

Partner
Barry
Mechanical Engineer

Children
Alice (15)
Jemma (10)

Grand children

Parents
deceased
Mum 1995, Dad 2008

Siblings
Older sister died aged 2

Employment
School teacher (primary)

Finances
OK

Living Environment
in home + children + (partners left Nov 20)

Faith/Spiritual
FC

Friendships
Social
Reo's
Sympathy

Physical Health
Anorexia
?

Childhood
"workaholic" mother.
Close to father.

Counsellor/ Client relationship
? Avoidant?

Client Code
09MR1220
"M"/45
Date of Wheel
15/2/21

Alice school - bullying

Her "lifeline"

TIME FOR SOME PRACTICE

Creating the Client Wheel

**This time you are the
supervisor, asking for
details from your
supervisee**

15 minutes

*Divide the time up
between you, or focus on
just one*



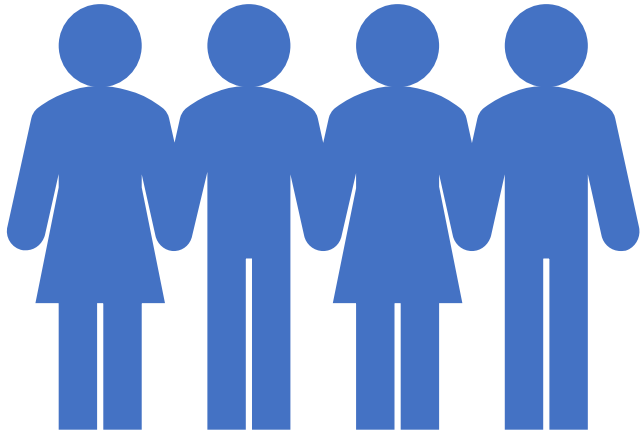
BREAK TIME



15 MINUTES



**Comments/
Questions**



Ghosts and Stakeholders

GHOSTS AND STAKEHOLDERS



**Invisible but
present in the
counselling
room**



**People with a
vested interest
in client's
recovery**



TIME FOR A DEMONSTRATION



HOW CROWDED IS THE COUNSELLING ROOM?



BREAK TIME



5 MINUTES



Using Blobs

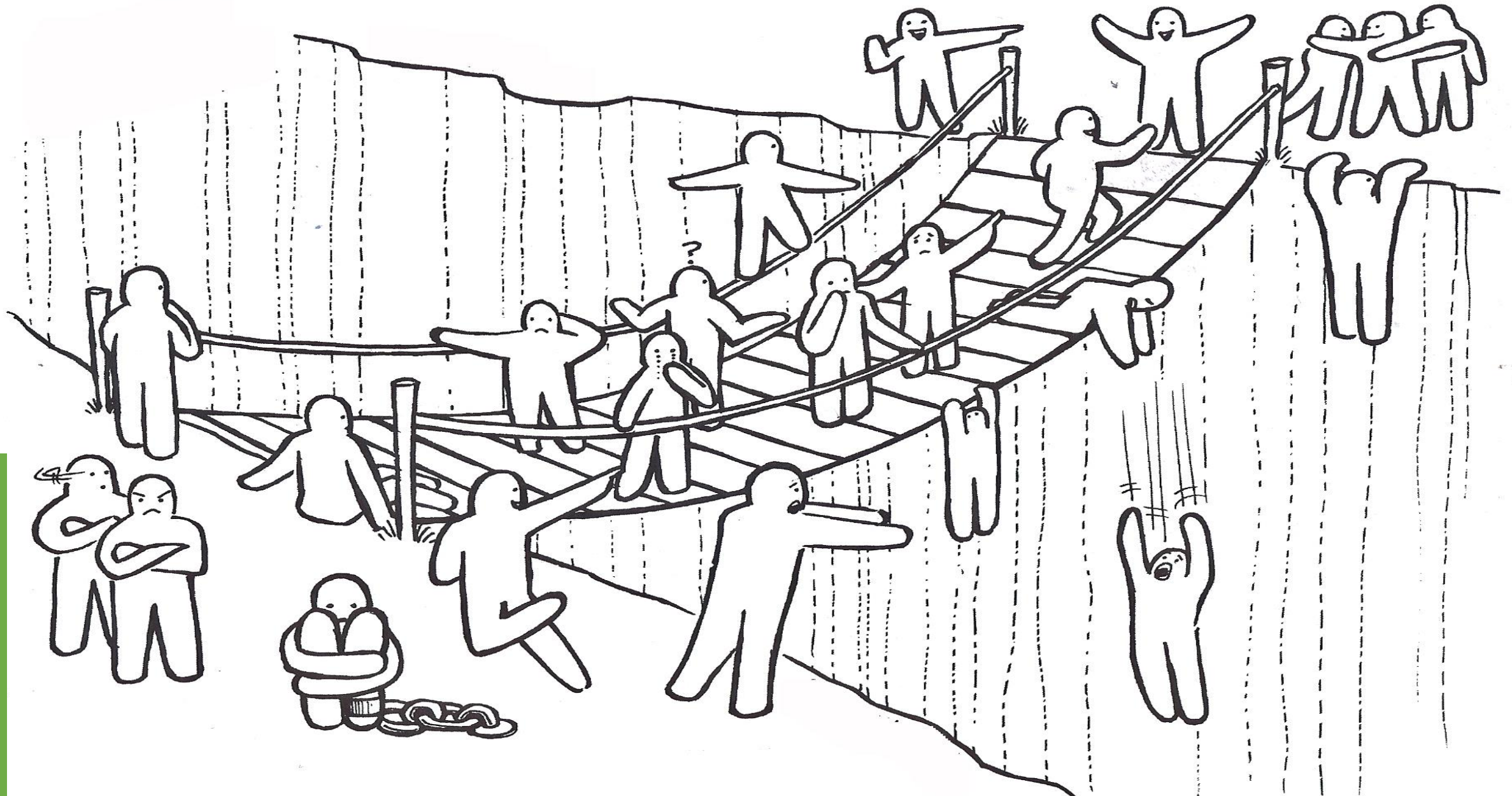
USING BLOB PICTURES : ME AND MY CLIENTS

No. 1 : The Lifeboat



USING BLOB PICK-UP STICKS : ME AND MY CLIENTS

No. 2 : The Bridge



USING BLOB PICTURES : ME AND MY CLIENTS

No. 3 : The Rock



TIME FOR SOME PRACTICE

**Work in 2s or 3s
in Buddy Groups**

15 minutes

*Divide the time up
between you, or
focus on just one*



BREAK TIME



5 MINUTES



Resources



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MORE SUPER
SUPERVISION CPD
FOR YOU!!

05
JUL



Online Event

Ethical Dilemmas in Supervision
Tues July 5

From: £10.00

 July 5, 2022
9:30 am - 1:00 pm

30
JUN



Online Event

Working with Gestalt in the
Counselling Room
Thurs June 30

From: £20.00

June 30, 2022
9:30 am - 1:00 pm

09
JUL



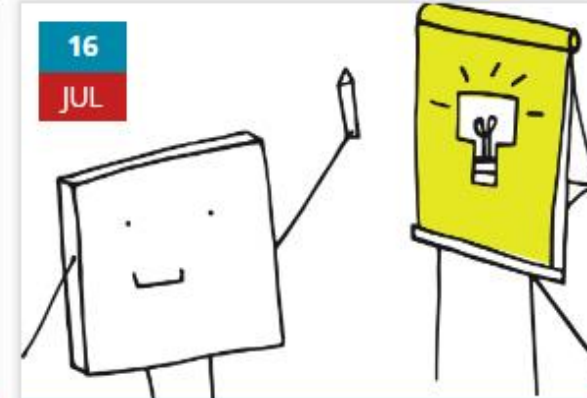
Online Event

Introduction to In Womb and
Birth Trauma for Counsellors
Sat July 9

From: £20.00

July 9, 2022
9:30 am - 1:00 pm

16
JUL



Online Event

Psycho-integration for
Counsellors with Dr Chris
Sat July 16

From: £10.00

July 16, 2022
9:30 am - 1:00 pm

**Book your
place now!**

deeprelease.org.uk

Please send us
your feedback!



Thank you

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