



Deep Release Online
Professional Training for Counsellors



CREATIVE SUPERVISION

WORKING IN BUDDY GROUPS



WHY DO WE NEED SUPERVISION?

SAFE

A good supervisor will provide a place where you feel encouraged, understood and cared for

SUPPORTIVE

A good supervisor will honour your existing skills and work with you to refine and develop them

STRENGTHENING

A good supervisor will bring out the best in you, helping you face into areas where you struggle, or which you maybe avoid, to help you grow

SYMPATHETIC

A good supervisor will bring a warmth and kindness that enables you to trust them, even when you make mistakes; they are willing to share their own

**Good supervisors
can take you to
incredible heights.
They help you learn
to fly, providing the
wind beneath you,
and providing a net
for when you fall.**

**A good supervisor will
provide supervision
appropriate to the
counsellor's stage of
development**

CARING

A good supervisor will be concerned when you are facing personal difficulties, using their counselling skills appropriately

CREATIVE

A good supervisor will ensure that supervision isn't boring, introducing creative and 'out-of-the-box' freedom of thought and imagination

CAPABLE

A good supervisor will be well-trained, have a broad knowledge of counselling practice, including ethical and legal issues, keeping their own training up to date

Stages of Development

TRAINEE

NOVICE

APPRENTICE

SKILLED WORKER

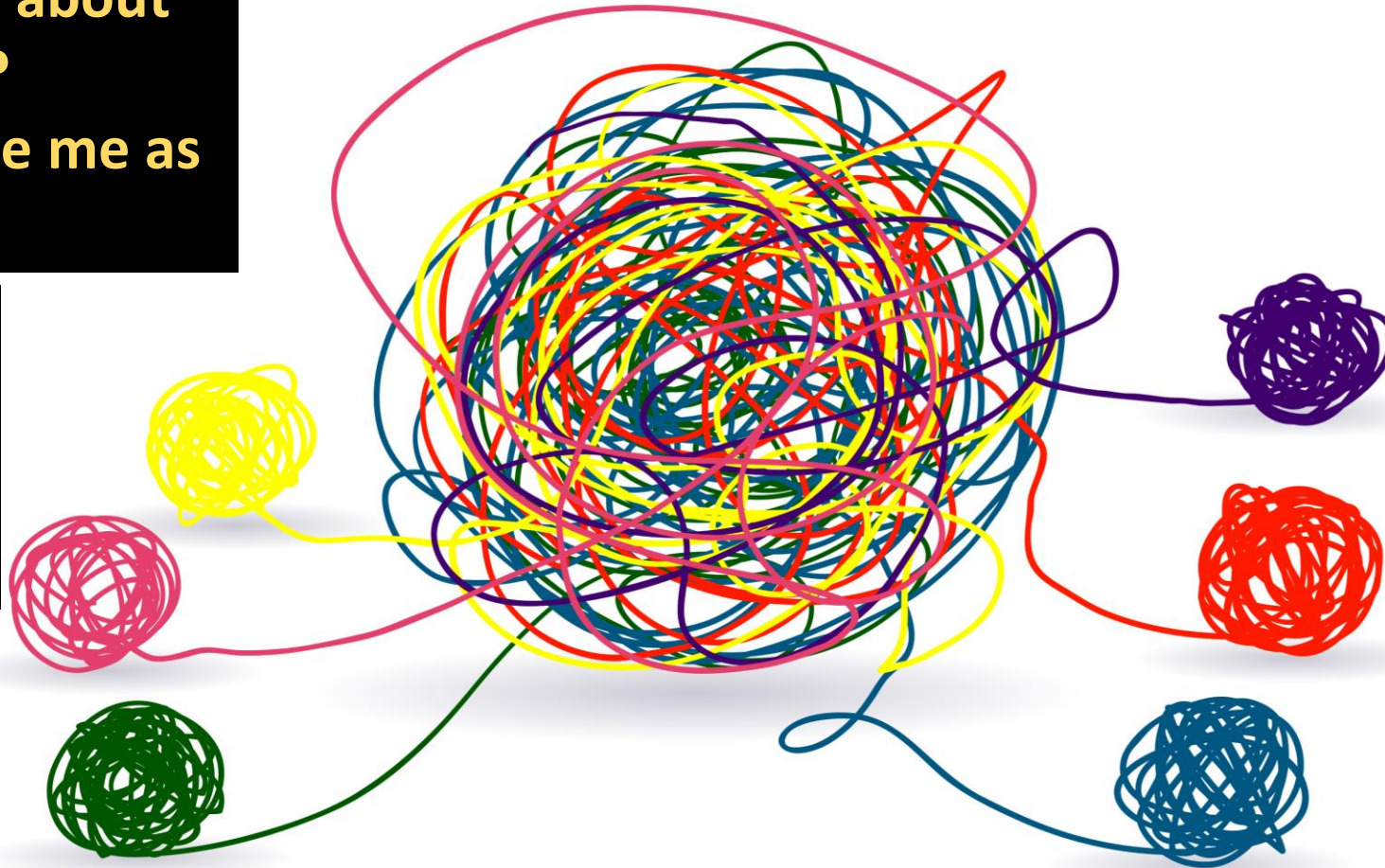
SPECIALIST

UNRAVELLING THE RELATIONSHIP

QUESTIONS A SUPERVISOR MIGHT ASK A SUPERVISEE SESSION 1

What do you enjoy about being a counsellor?
Why did you choose me as a Supervisor?

What kind of clients do you/ would you like to work with?



Do you have any concerns about working with me?

How would you most like me to be with you?

What personal issues, if any, do you need help with?
What do I need to know?

What professional issues, if any, do you need help with?
What do I need to know?

THE NOVICE / TRAINEE COUNSELLOR

CHILDHOOD

It's all about me.... Can I do this??

- Anxious, dependent, needs structure and support
- *“What do you (the Supervisor) think of me?”*
- Tendency to focus on fine details rather than holding the whole picture of the client in their head

Poor Supervision:

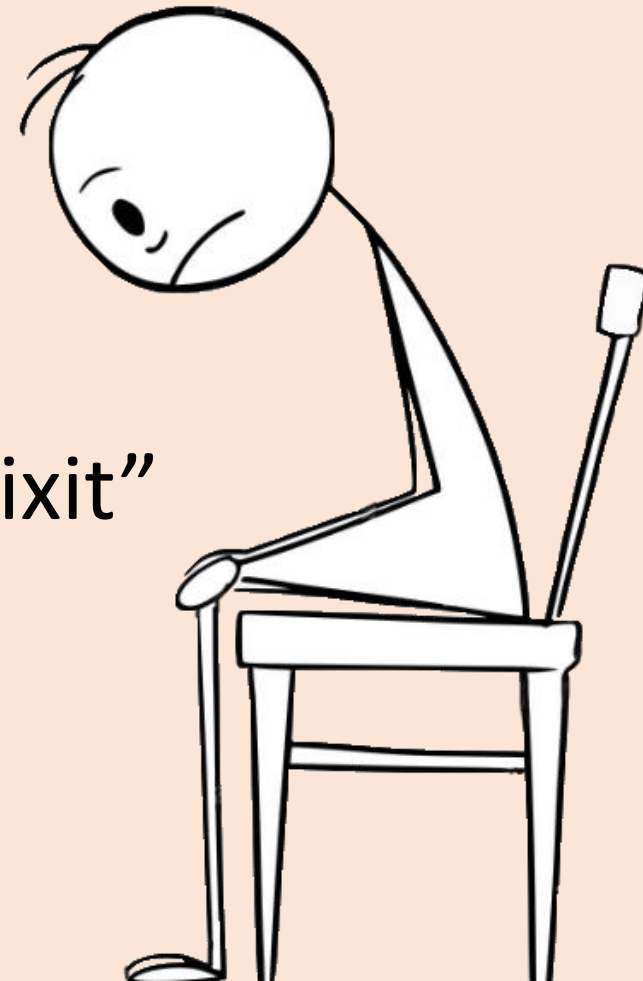
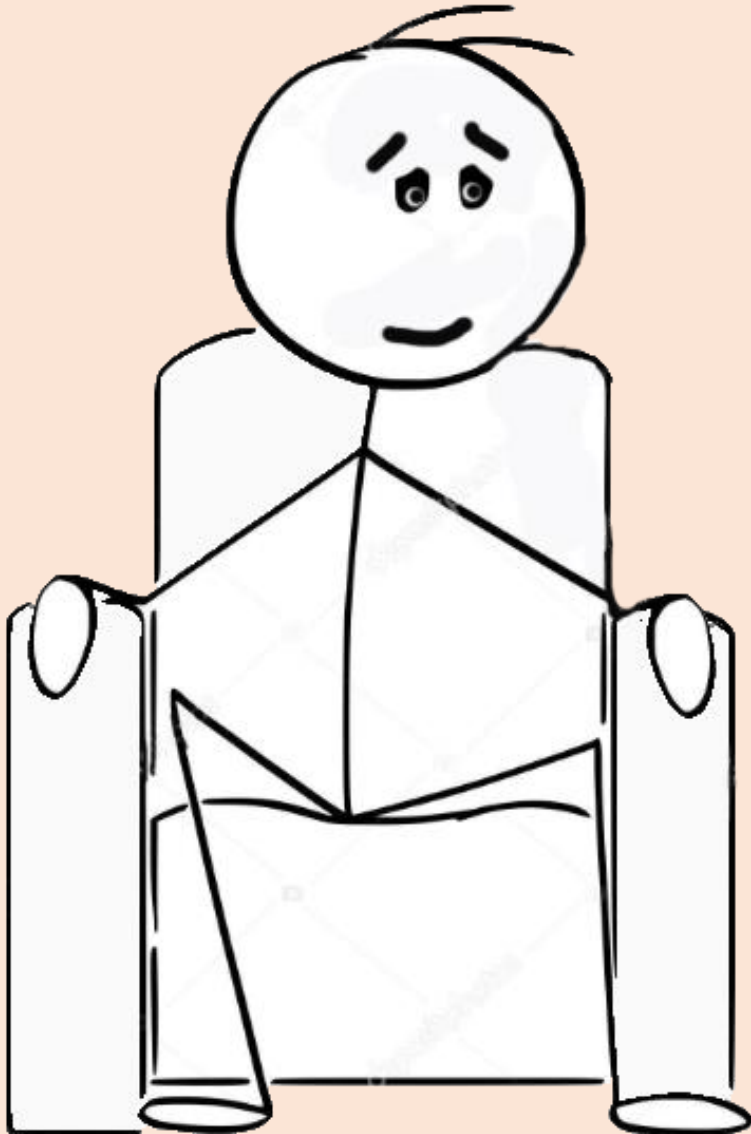
Overly directive, critical, too challenging without sufficient support



GOOD SUPERVISION

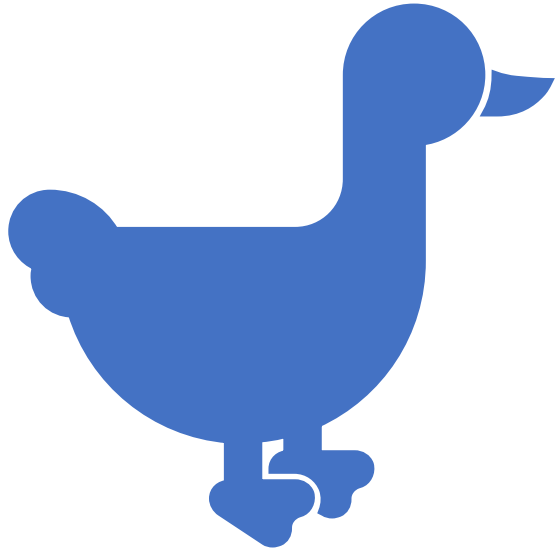
- Model core skills
- Listen
- Check understanding
- Show empathy

- Share experience
- Diminish counsellor “Fixit”
- Explore options
- Encourage





The best advice
you can give
as a Supervisor....

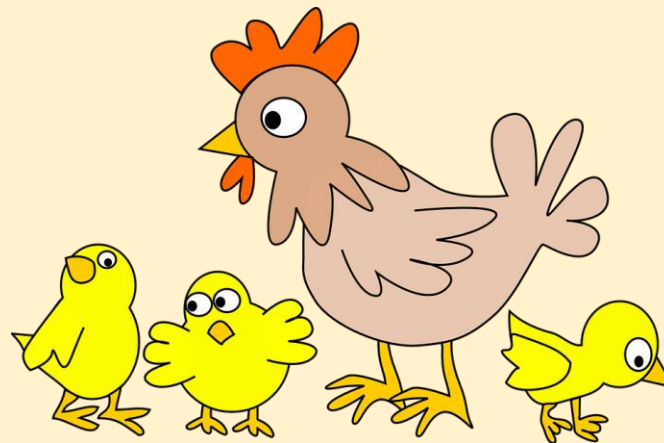


CREATIVE INTERVENTION

To help the supervisee explore their relationship with the client

*Draw your
client as a
bird*

1. DRAW YOUR CLIENT AS A BIRD



2. WHERE ARE THEY?



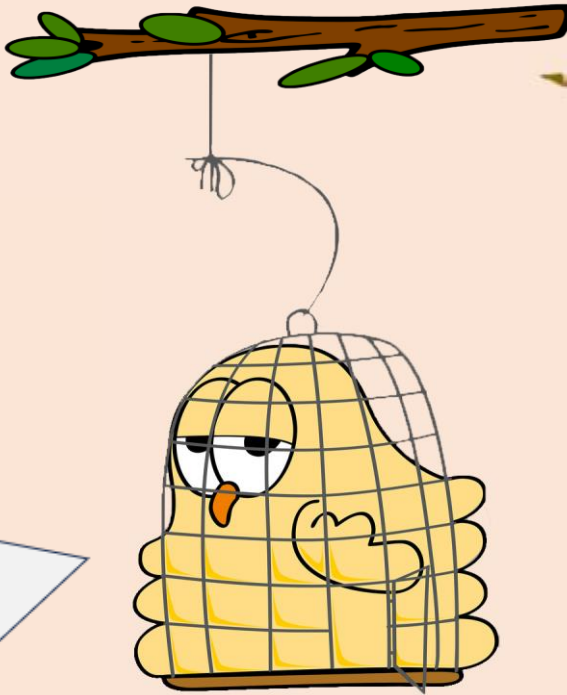
3. HOW ARE THEY FEELING?



4. ADD FEELING WORDS AND SPEECH BUBBLES

*Hopeless
Heavy*

*I'm so depressed
Nothing ever goes right for me
I don't think counselling is
working
I'm a failure at this as well as
everything else*

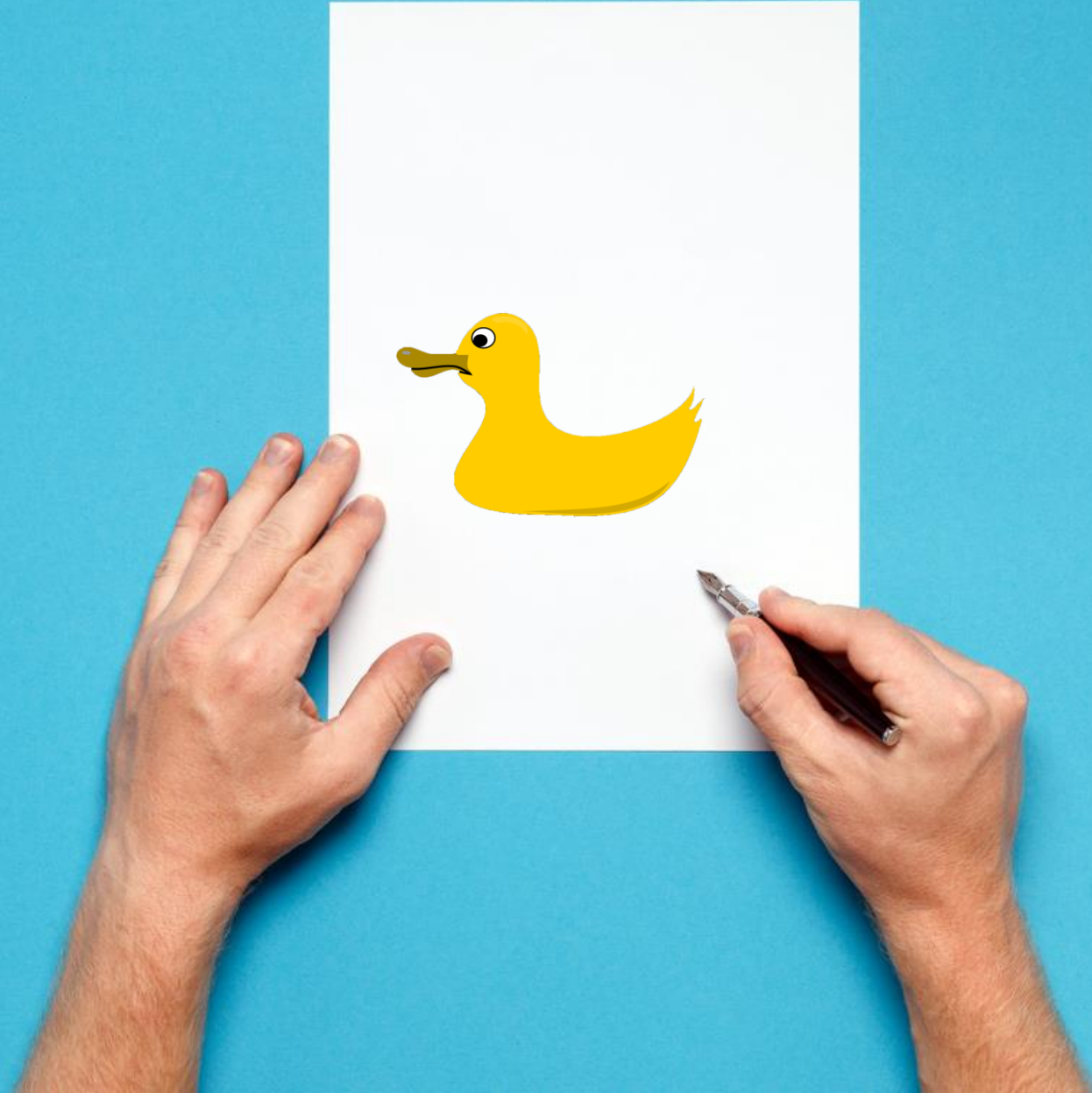


4. DRAW YOURSELF INTO THE PICTURE

1. Where are you in the picture?
2. What are you feeling?
3. What are you saying?
4. Explore the dynamics between you and the client
5. Would you show this to your client?



Time for you to draw!



Buddy Group

Discussion Ideas

- Share your birds with one another!
- Choose one supervisor and one supervisee and work with the picture.
- Share with one another your thoughts on working with students/inexperienced counsellors

15 minutes





TAKE A
BREAK!

5 minutes



**Comments
Questions**

Share your Artwork!



DIFFERENT SUPERVISION FOR DIFFERENT SKILLS LEVELS

THE APPRENTICE (Adolescence)

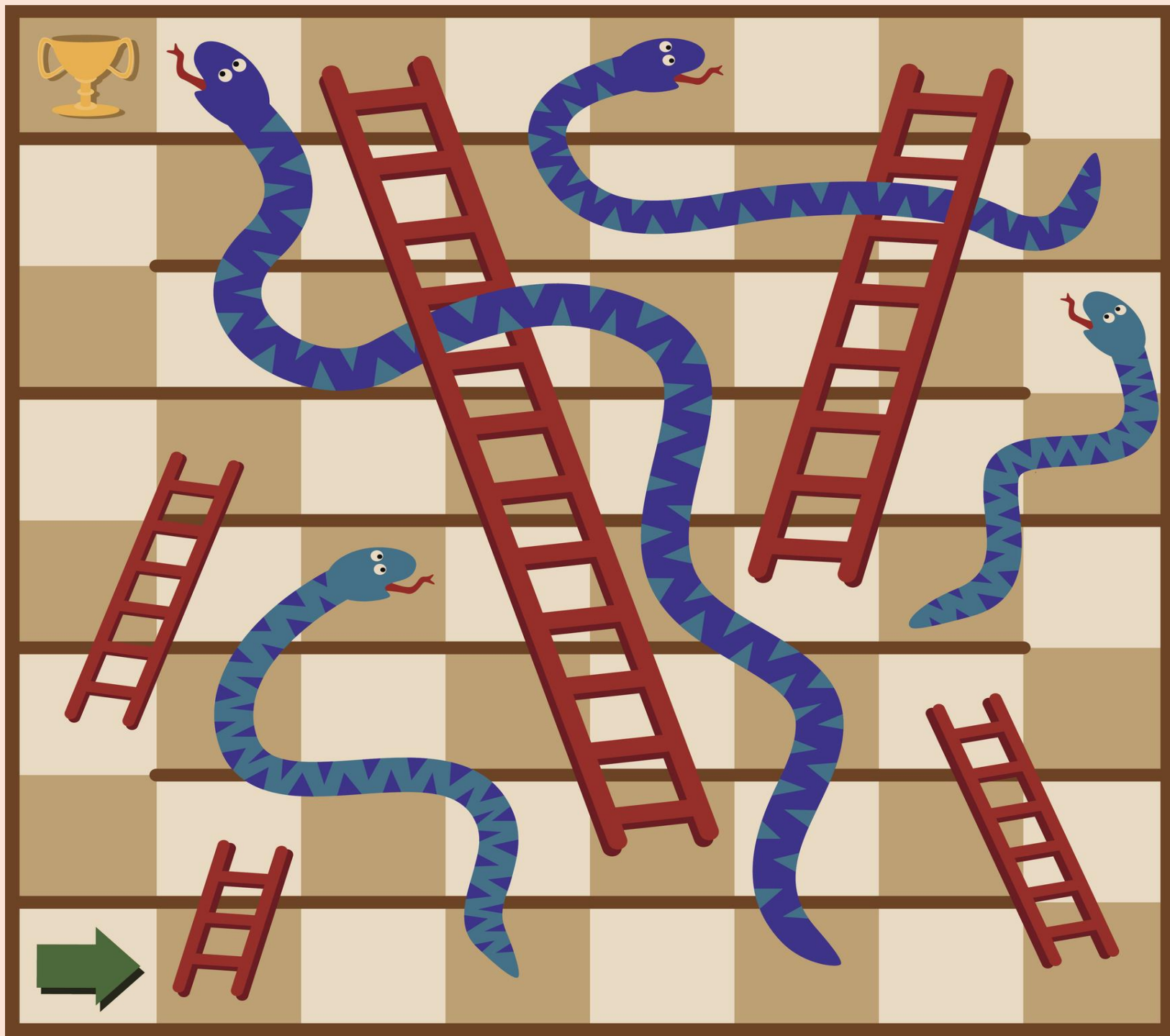
It's all about the client - Can I really help them??

- Dependency vs autonomy
- Confident vs overwhelmed
- Need space and containment
- *"I'm excited!" vs "I can't cope!"*

Poor Supervision:

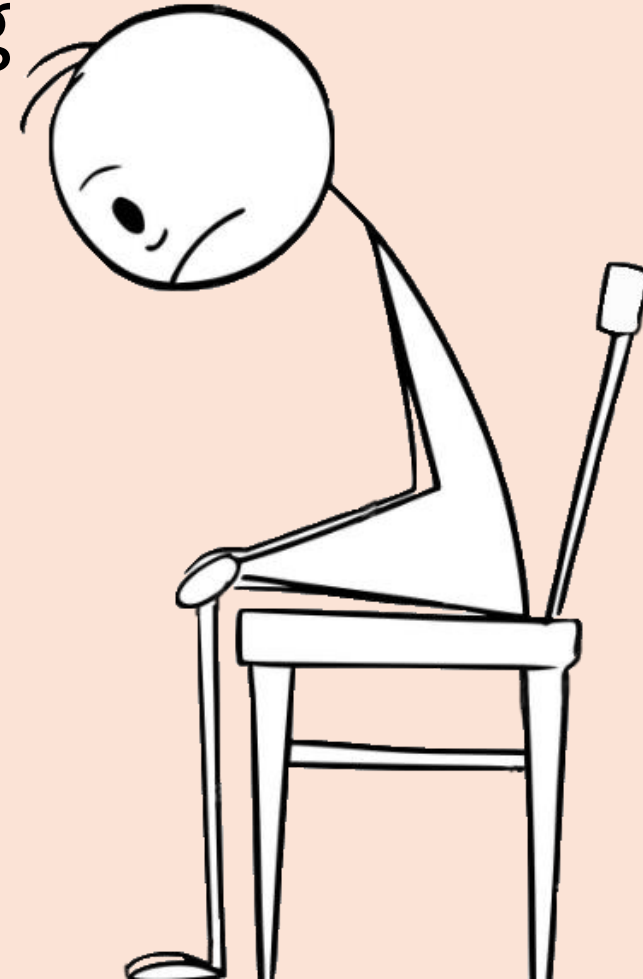
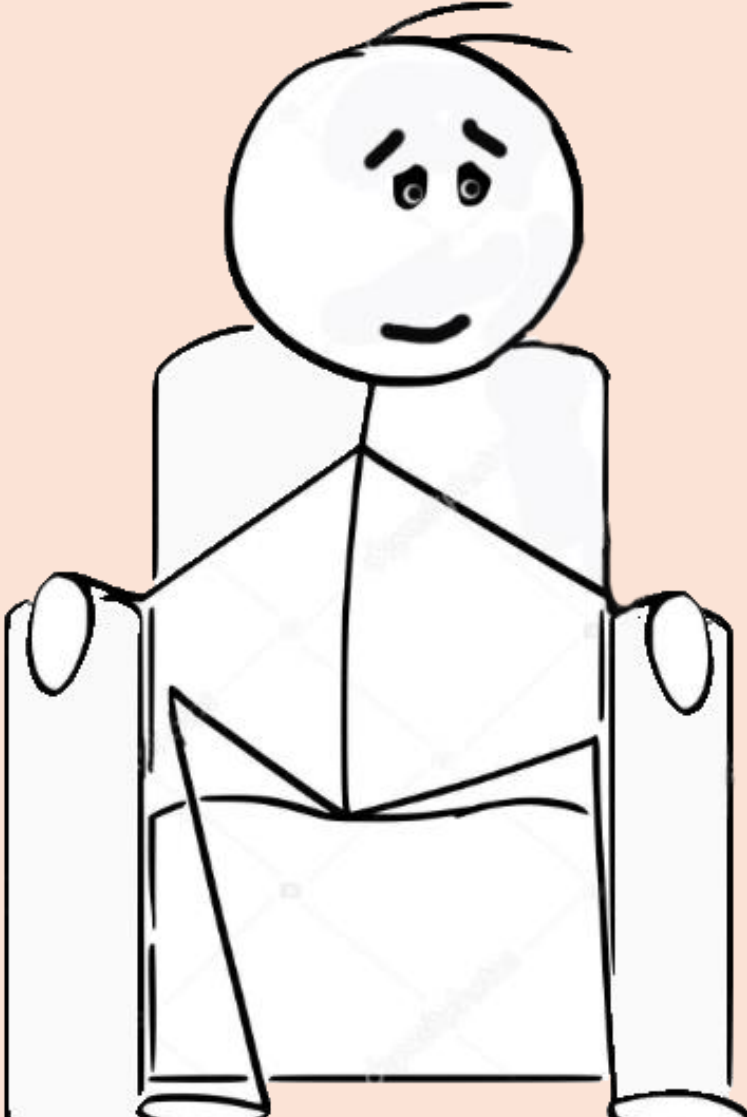
May be too directive or shaming,
mismanaging the balance between
support and challenge

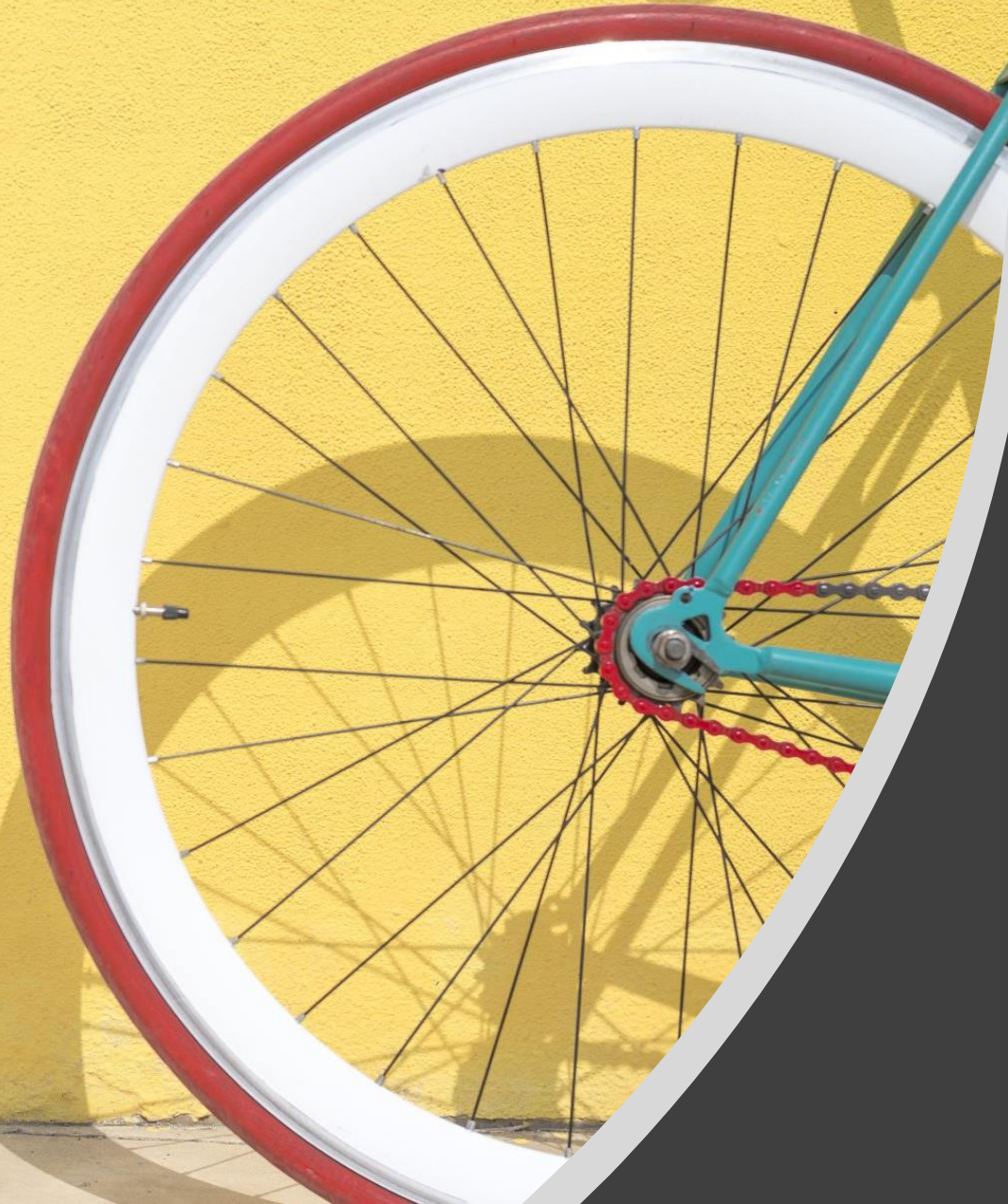




GOOD SUPERVISION

- Model core skills
 - Listen
 - Check understanding
 - Show empathy
 - Share experience
-
- Slow them down
 - Encourage
 - Earth/Structure
 - Role play the clien





**A creative
wheel
for keeping
records**

**For the supervisee
For the supervisor**

RECORD KEEPING IN SUPERVISION

Presenting Issues

Partner

Children

Grand children

Parents

Siblings

Employment

Finances

Living Environment

Faith/Spiritual

Friendships Social

Physical Health

Childhood

Counsellor/ Client relationship

Client Code

Date of Wheel

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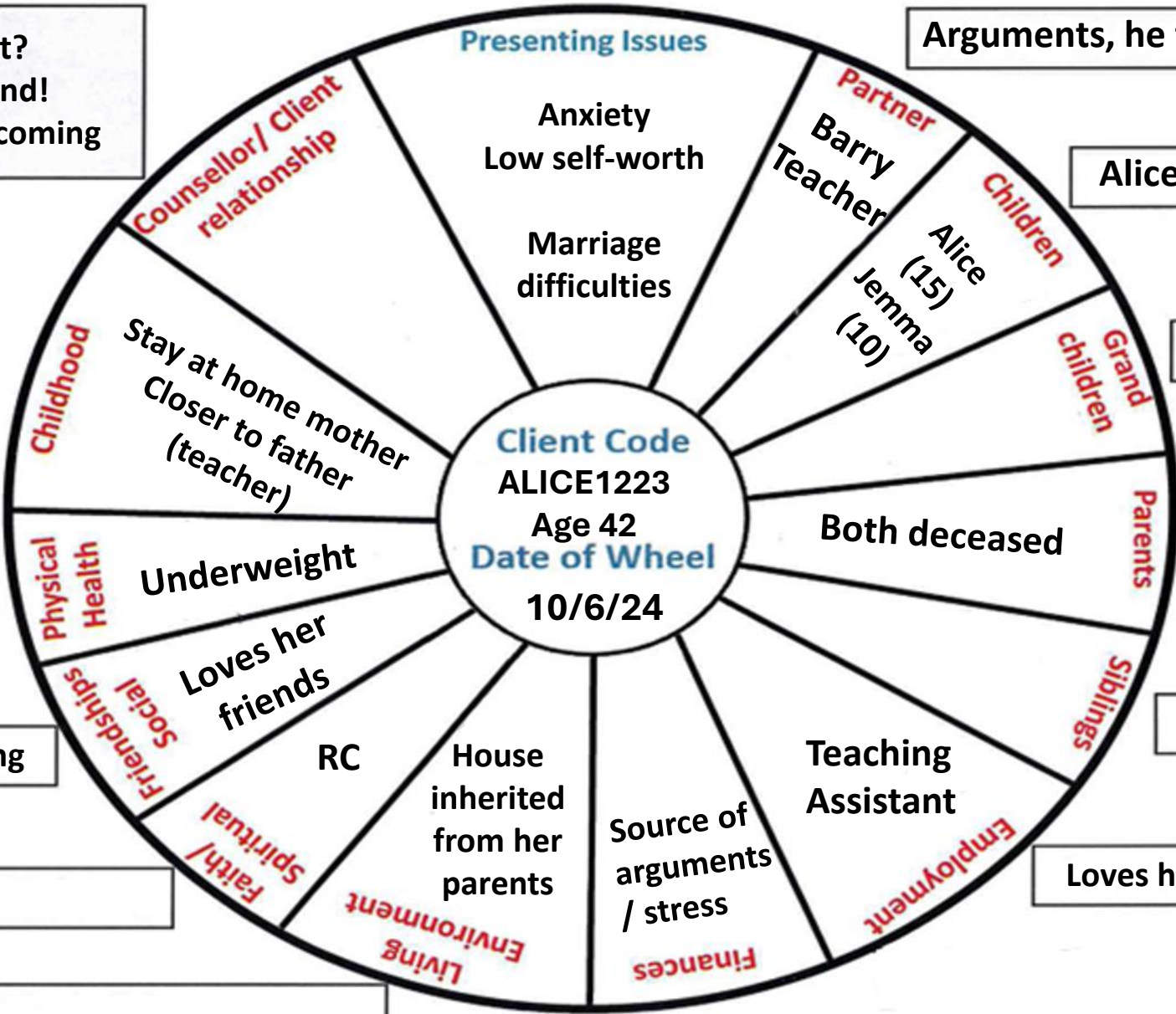
Avoidant Attachment?
Feel angry with husband!
Concerned he'll stop her coming

Replacement child
for sister?
Lonely.

"Changed subject"

Barry doesn't like her going
out

Guilt



Arguments, he thinks she spends too much

Alice being bullied at school

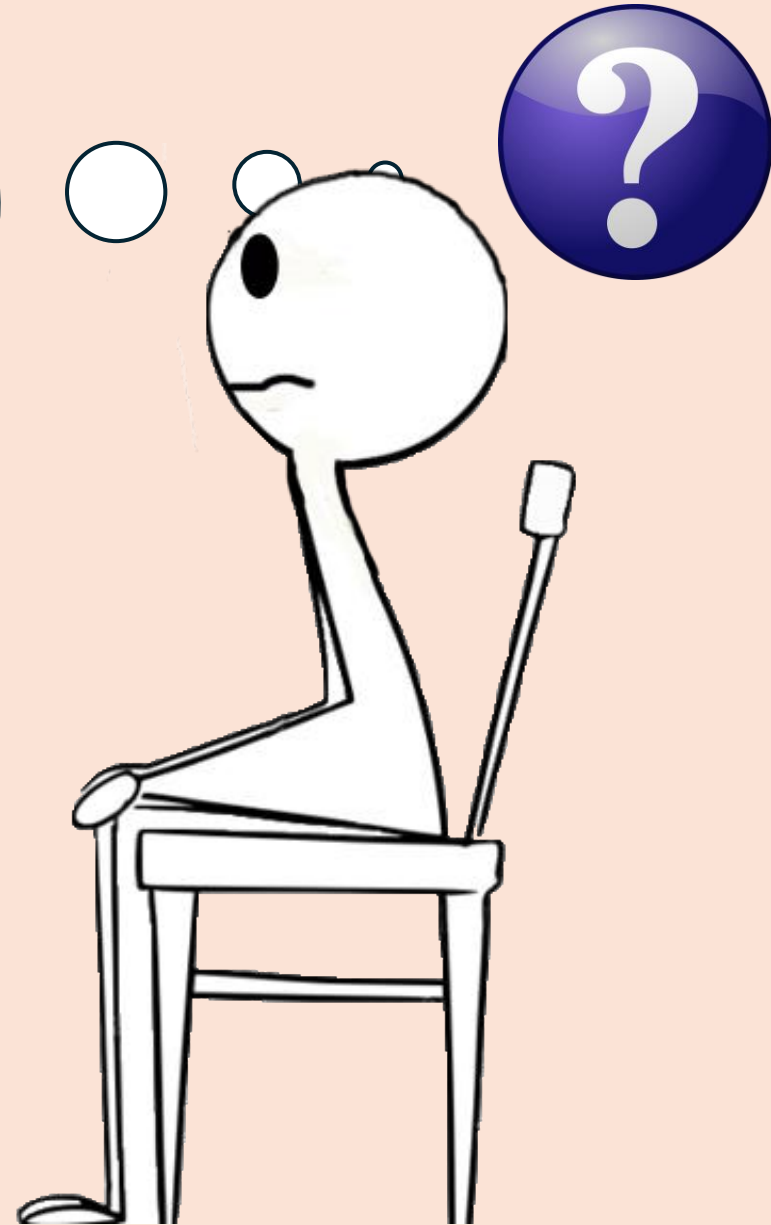
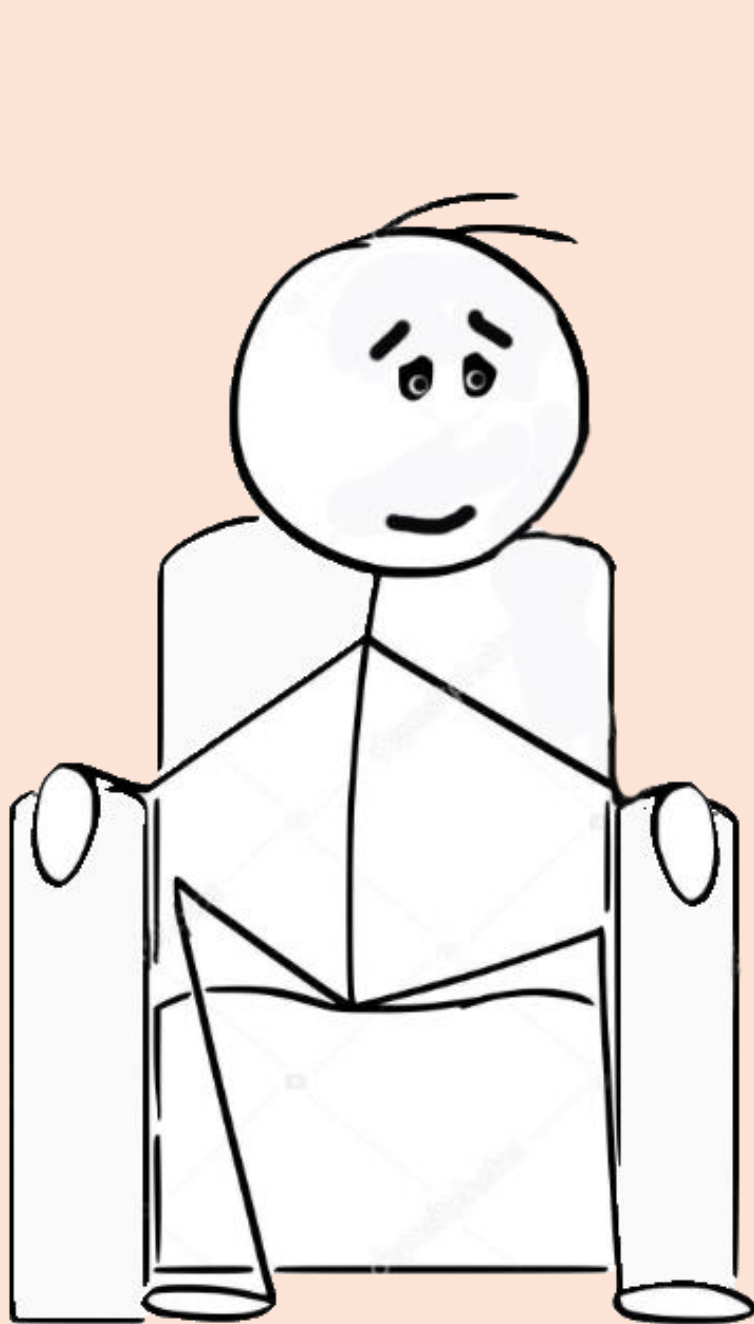
Mum 1995, Dad 2018

Older sister died aged 2

Loves her job – husband 'not real job'

Husband resents counselling costs

ROLE PLAY THE CLIENT



Buddy Group

Discussion Ideas

- Share your response to the Live demonstration of 'Role Play the Client'
- Discuss the Record Keeping Wheel – could you use it? Are there any changes you would make?
- Does it conflict with your way of working eg Person Centred?
- Share with one another your thoughts on working with Apprentice level counsellors

15 minutes





TAKE A
BREAK!
5 minutes



THE SKILLED WORKER

Early Adulthood

It's all about the process: how are we relating together?

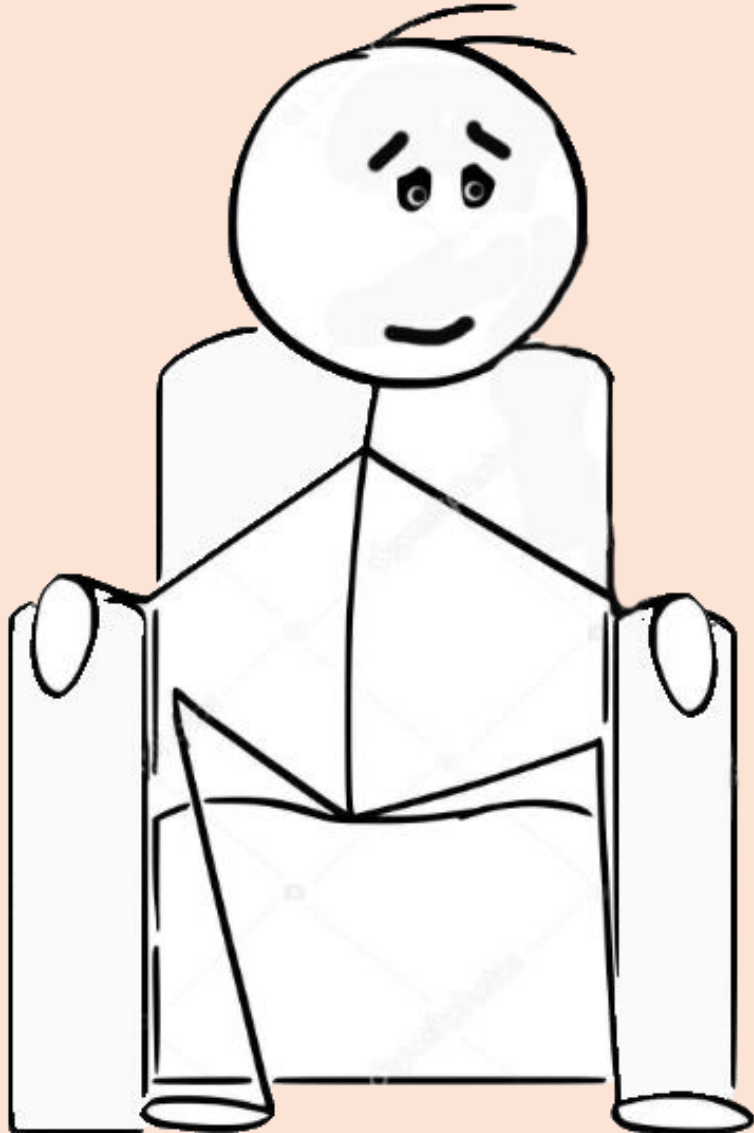
- Increased confidence/insight; fully present but can also 'helicopter'
- More integrative; need support and encouragement
- Focus on the therapeutic alliance

Poor Supervision:

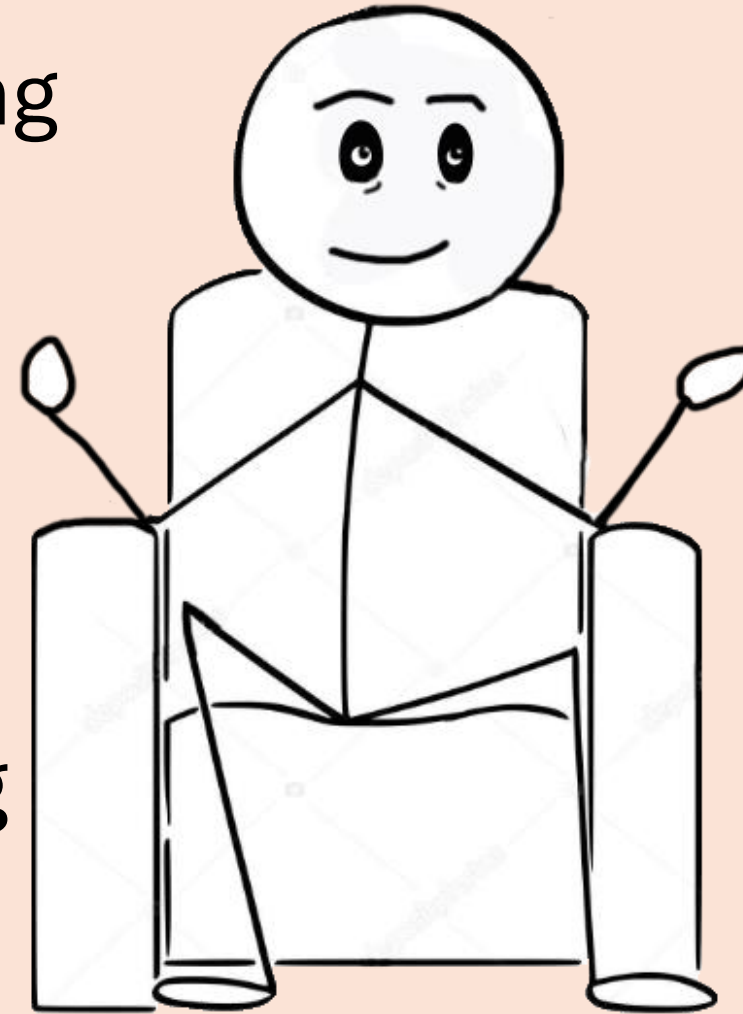
- Too directive, demoralising the supervisee
- Too little challenge may encourage poor habits; too much challenge may result in increased anxiety



GOOD SUPERVISION



- Model core skills
 - Listen
 - Check understanding
 - Show respect
 - Share experience
-
- Encourage growth
 - Explore opinions
 - Specialisms training
 - Time to move on?





SUPERVISEE GROWTH



Using Blobs

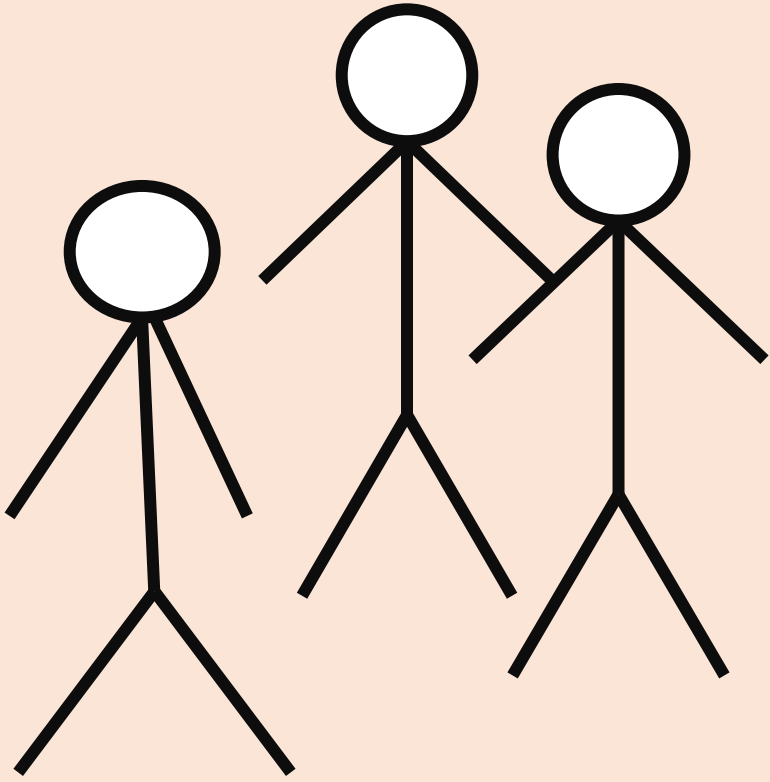
BLOB BOUND



Think about your clients, especially the ones you find most challenging. Choose one to work on.

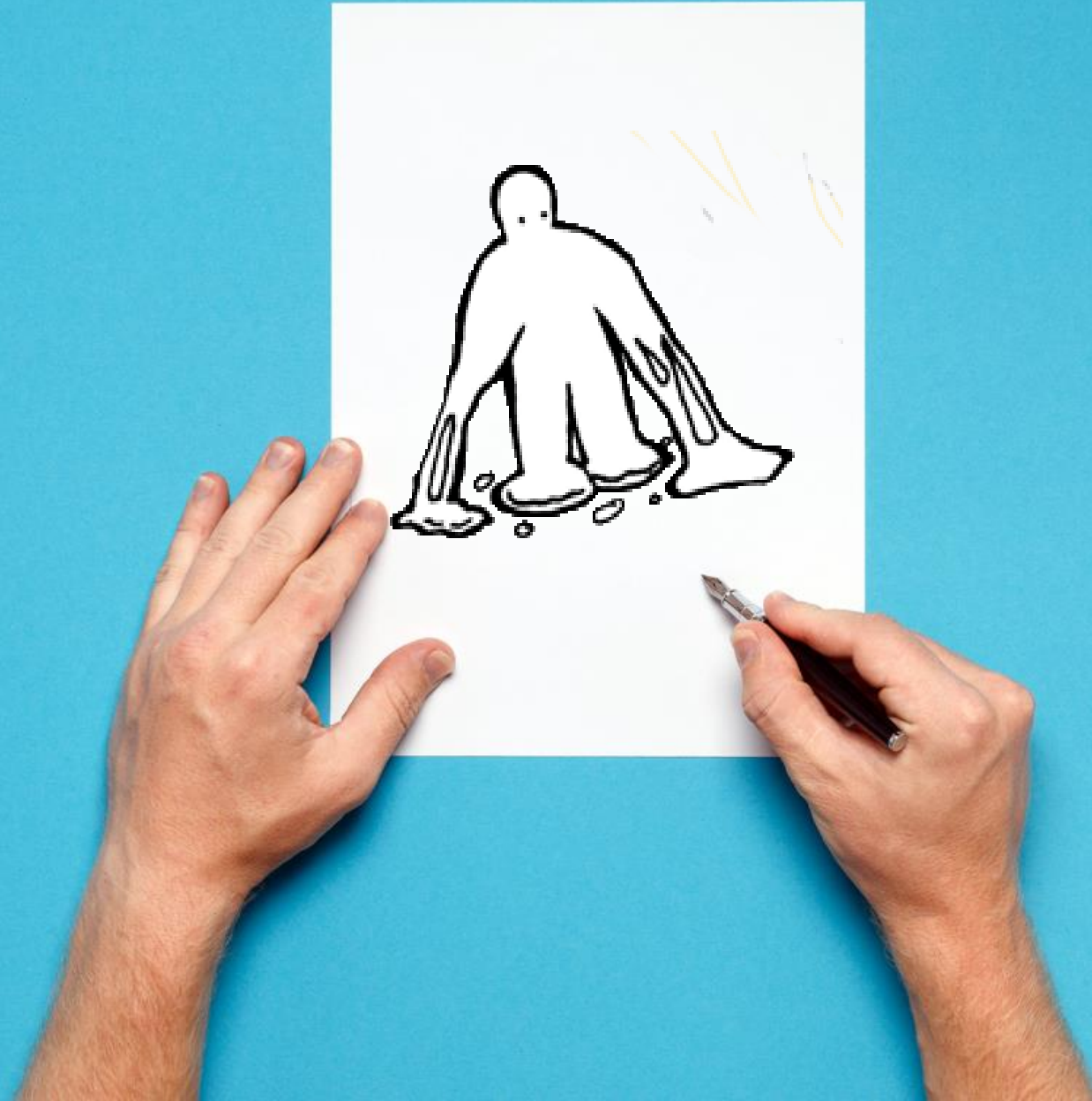
- Select a picture from the 'Blob Bound' options to represent how you see them / your relationship.
- Redraw the figure(s).
- If you are not already in the picture, draw yourself in.
- Add feeling words
- Add speech bubbles – what are the messages?

WORKING WITH YOUR DRAWING



Rage!
Protective
Mother
heart

Time for you to draw!



Buddy Group

Discussion Ideas

- Share your blob picture with one another!
- Choose one supervisor and one supervisee and work with the picture.
- Share with one another your thoughts on working with more “Skilled Worker” level supervisees

15 minutes



A top-down view of a desk with a light brown background. In the upper left is a white mug with a teal handle, filled with dark coffee. To its right are three round, golden-brown biscuits with a geometric pattern. In the upper right are four colored pencils (green, orange, blue, and pink). In the lower left are three yellow pencils with red erasers. In the lower right is a black pencil sharpener. In the center is a white rectangular piece of paper with the text 'TAKE A BREAK!' written in large, bold, black, hand-drawn letters. Below this text, '5 minutes' is written in a smaller, orange, sans-serif font.

**TAKE A
BREAK!**

5 minutes

**Comments
Questions**

Share your Artwork!



THE SPECIALIST

Full Maturity

Understanding the client and self in context



THE SPECIALIST

Full Maturity

Understanding the client and self in context

- **Autonomy / insight / stable motivation**
- **Deepening and integrating knowledge, leading to wisdom**

Poor Supervision:

- **May collude with lazy practice, resulting from supervisor's own apathy/stagnation.**
- **Supervisor may feel threatened by the supervisee who has outgrown them!**



THE SPECIALIST

Full Maturity

Understanding the client and self in context

The context of counselling includes such factors as:

- the physical environment of the counselling room (or Zoom)
- private practice or agency practice
- cultural beliefs and values which inform both counsellor and client

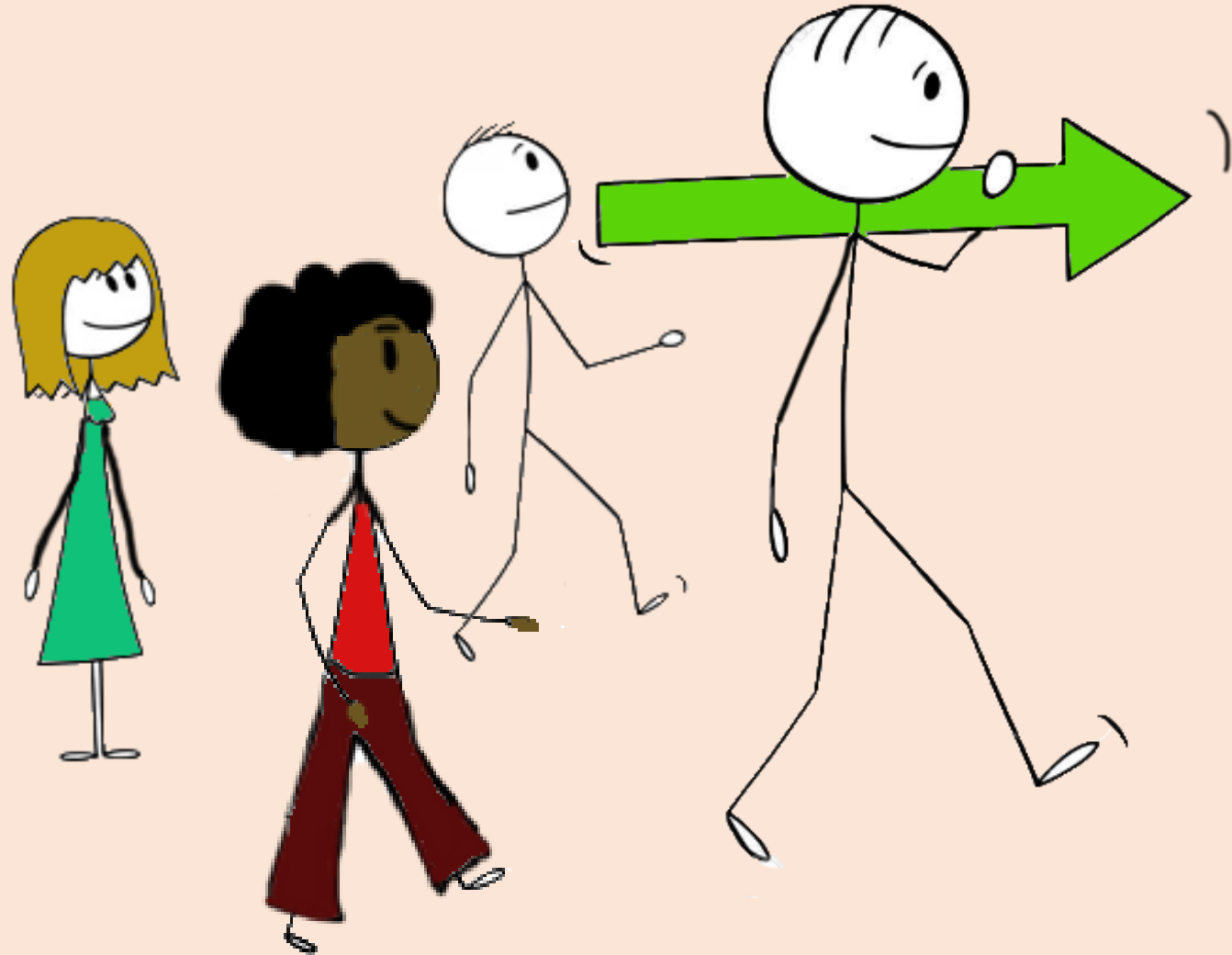
“... these factors can make a difference to the relationship between counsellor and client, and the process and outcome of counselling. It is suggested that contextual issues have been largely ignored in counselling theory, research and practice, and that increased attention to context has the potential to contribute to the creation of a more responsive and effective counselling service.”

John McLeod and Linda Machin

British Journal of Guidance & Counselling, Volume 26, 1998 - Issue 3

THE SPECIALIST

- Peer Supervision
- Specialist Supervision
- Group Supervision
- Diploma
- Become a Tutor



4 STAGES OF LEARNING

Unconscious Incompetence

You don't know that you don't know how to do something

Make it up as I go along...



Conscious Incompetence

You know that you don't know how to do something, and it bothers you

Acknowledge the need for training...



Conscious Competence

You know that you know how to do something, and it takes effort

Gain confidence and grow



Unconscious Competence

You know how to do something and it's second nature

Grow others



Comments
Questions

Share your Artwork!



Final Buddy Group

- Say goodbye
- Share contact details if you wish to

5 minutes





Resources

[PACT-RESOURCES.CO.UK](https://pact-resources.co.uk)

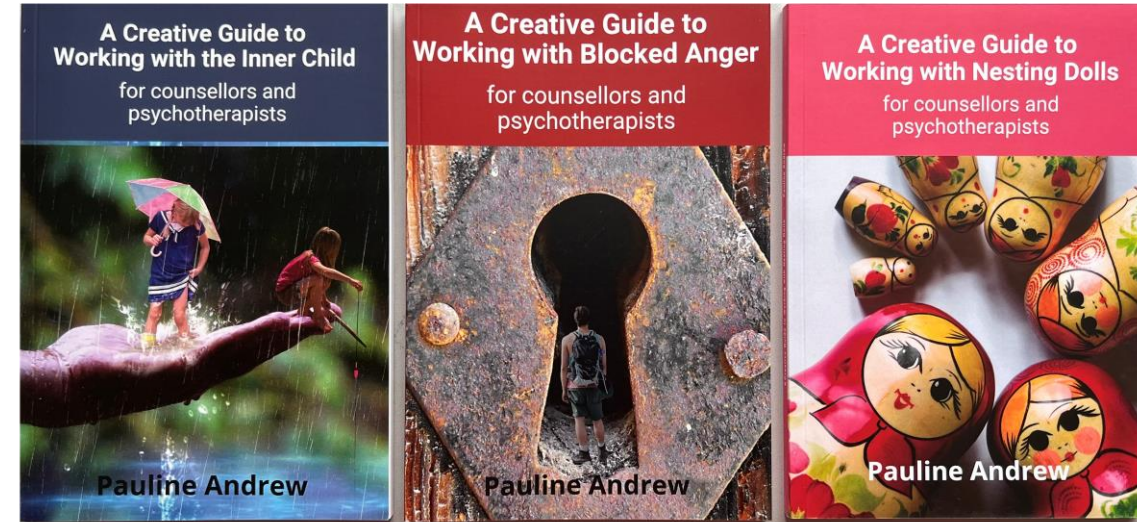
ORIGINAL & CREATIVE
COUNSELLING RESOURCES

Cards



Roles Played in Families
Extra Set A

Books



£11.50 each

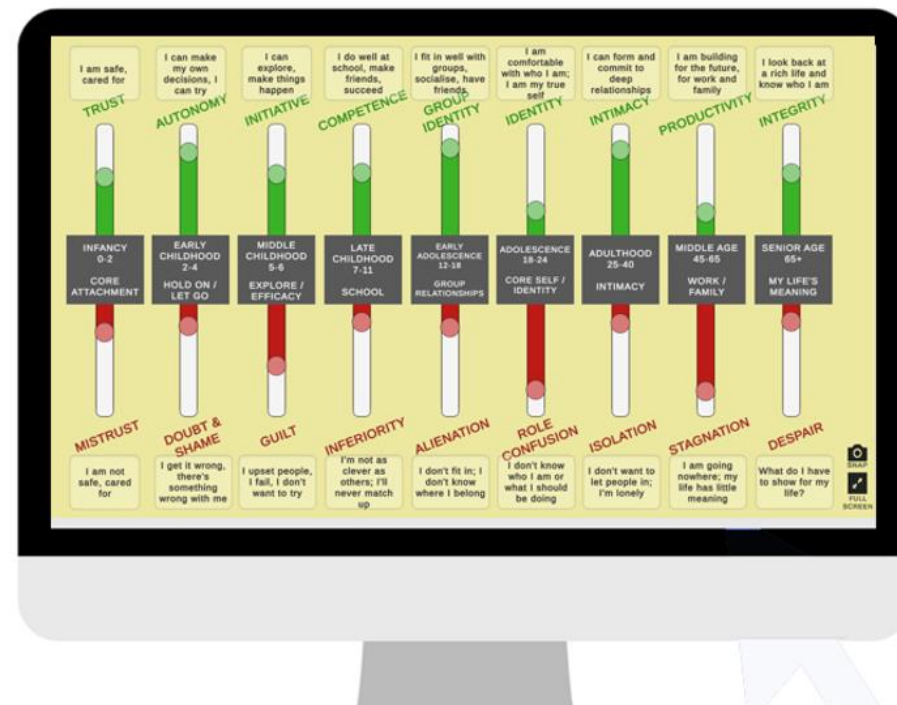
3 for £32 (save £2.50)

Also available on Kindle

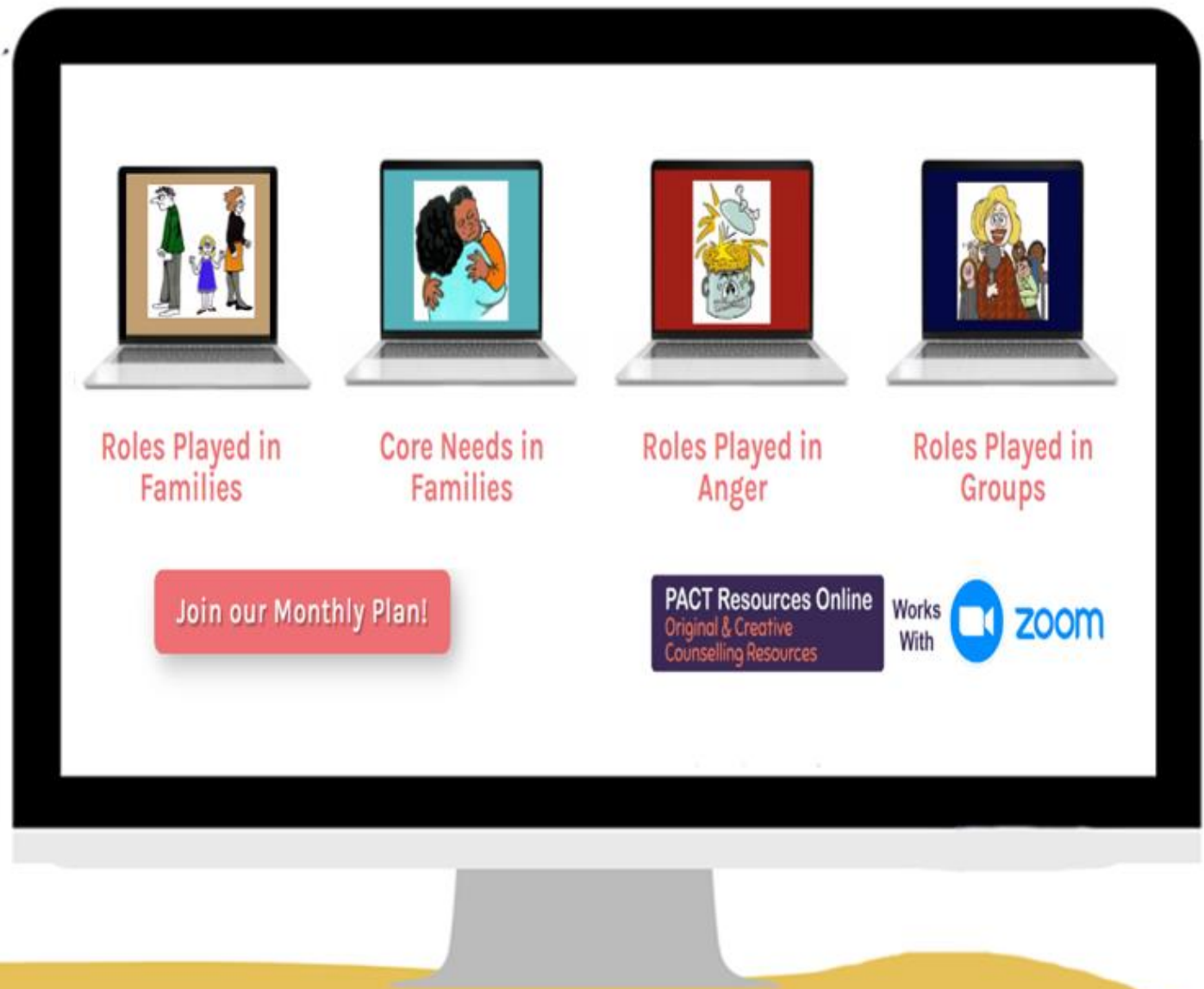
pact-resources.co.uk

The Wheel of Life and Erikson's Life Stages

FREE Web Apps!



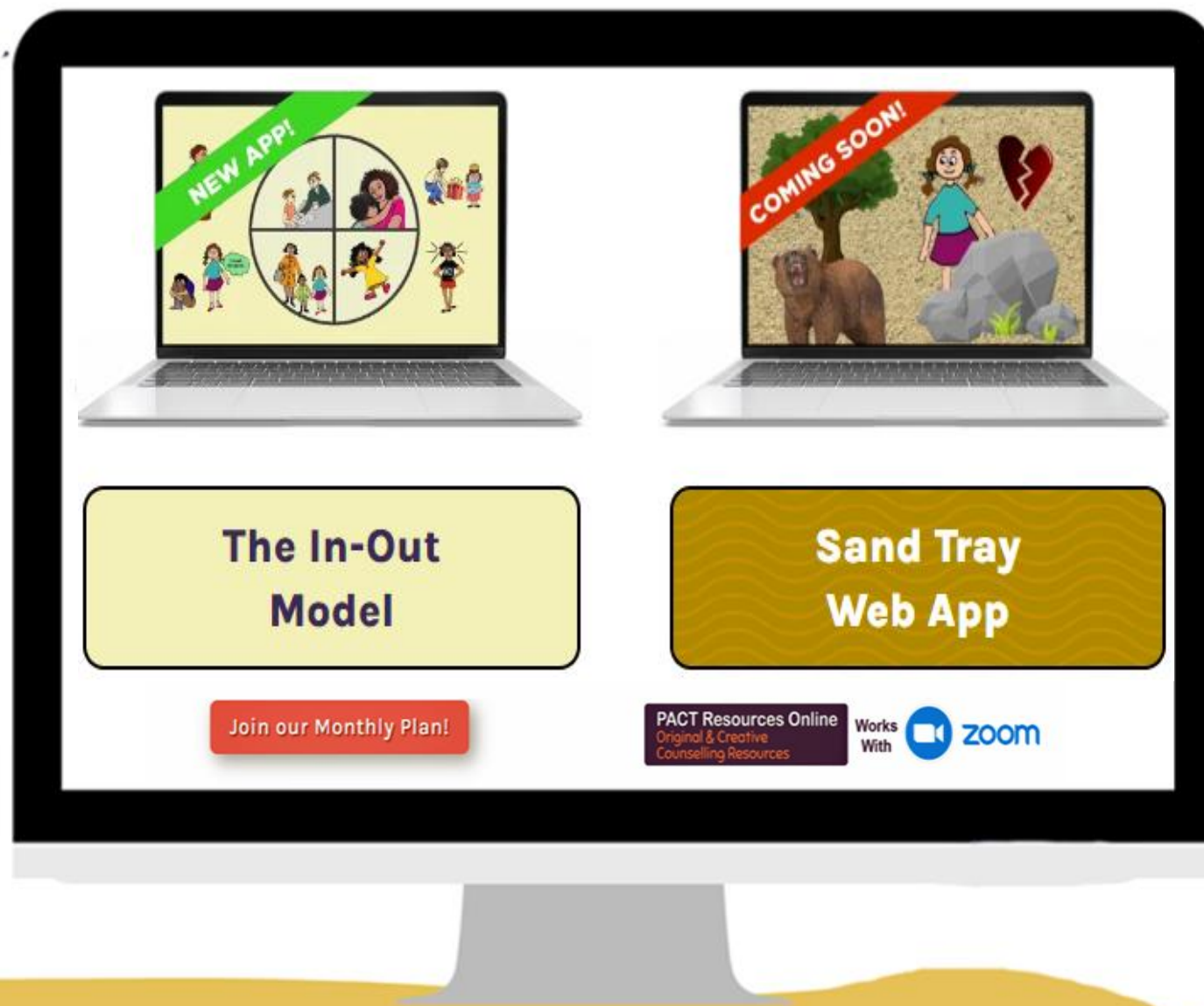
The 4 sets of cards
are available as Web
Apps by paid
subscription.
Other apps to
follow!



pact-resources-online.co.uk

The 'In-Out' Model web app is now including in your paid subscription!

'Therapeutic Sandscapes' soon to follow!



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e-Resources



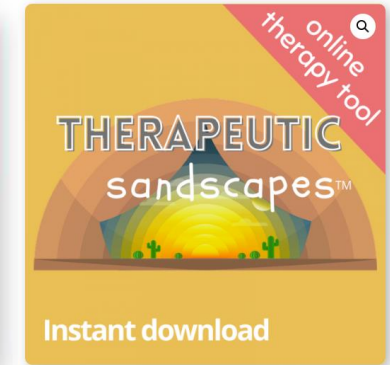
Erikson's Life Stages
£3.50



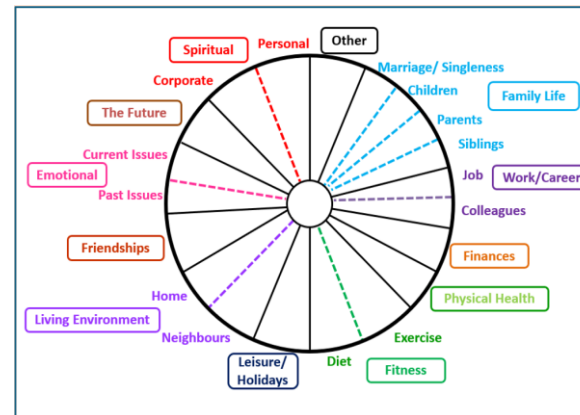
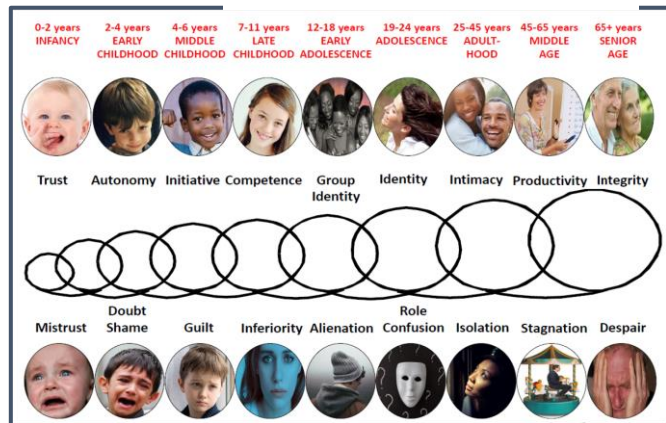
Wheel of Life
£3.50 – £5.00



Working with Animal
Figures Online Pack



Instant download



Use PowerPoint

Web Apps in progress!

pact-resources.co.uk

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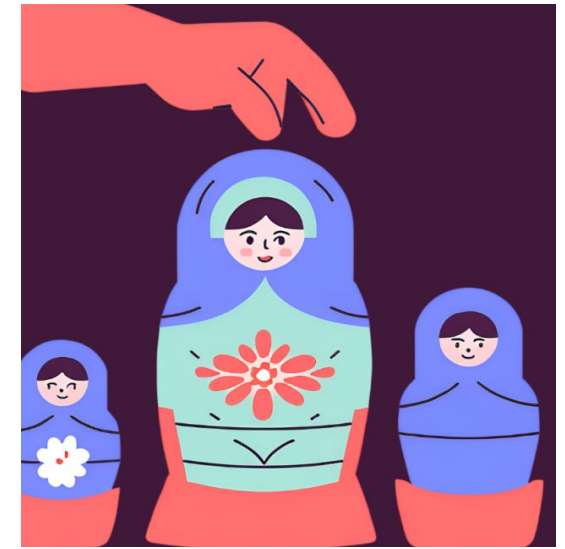
pact-resources.co.uk



When Fathers Wound
Sat 29th June



The In Womb Journey
Fri 12th July



**Working Creatively
with Nesting Dolls**
Tues 16th July

9.30am – 1.00pm

Prices £10 (limited Bursary places), £20 or £30

Catch up video link with all bookings

£10 or £20: 7-day link

£30: lifetime link



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2024 Annual Counsellors Conference, Residential



Friday 27-Sunday 29 September 2024

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**Search on Facebook:
'Deep Release Ltd'**

- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



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YouTube

Search 'Pauline Andrew Creative Counselling'

- Lots of videos on working creatively
- Please subscribe!



Search 'Brain, Body and Beyond'

- Videos on Life, the Brain and Relationships
- Please subscribe!



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your feedback!



Thank you

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