



**CLINICAL SUPERVISOR TRAINING
WHEEL OF SUPERVISION PROGRAM**

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Clinical Supervisor Training

Wheel of Supervision Program

Statement of Philosophy

Why a Wheel of Supervision?

The Wheel of Supervision, developed from Dr Alison Strasser's doctoral research, is the central framework of this program. It offers a comprehensive map of supervision practice, with each segment representing a different element – from ethical responsibility and professional development to personal reflection, relational process and attention to the client who is not in the room.

The Wheel helps supervisors orient themselves to the multiple layers present in any supervisory encounter. More than a checklist of functions, it provides a scaffold for integrated understanding. By working with the Wheel, supervisors learn to attend to individual elements of practice, while also appreciating the dynamic interplay between them, and locating their own personal style and philosophy of supervision within this broader frame.

Our Philosophy of Practice

This training program is both designed and delivered by **Dr Alison Strasser** and **Dr Adam McLean**, Directors of Centre for Existential Practice. Both of us are psychotherapists, supervisors, trainers and educators with over 30 years' experience.

Our philosophy begins with the conviction that supervision is a deeply relational and reflective encounter requiring courage, attentiveness, and integrity. We are committed to creating learning environments that are rigorous, supportive, and personally meaningful. While we bring decades of experience, we do not ask participants to imitate us; instead, we encourage them to explore and shape their own approach to supervision in dialogue with the Wheel.

Putting Values into Practice

The program's approach reflects our values as practitioners and educators. Group size is limited to 16 participants to ensure genuine connection and the development of a reflective learning community. Participants are encouraged to learn both from the trainers and from one another through relational dialogue. Breakout rooms and practice groups allow every participant to step into the supervisor role, engage in feedback, and strengthen confidence through lived experience of supervision.

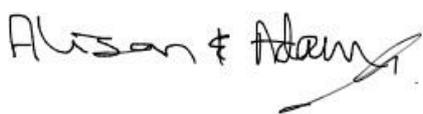
Diversity and cultural awareness are embedded throughout. Supervisors are invited to reflect on whose voices are heard, whose experiences may be overlooked, and what assumptions are being made. We support supervisors to recognise their own cultural positioning and to remain open to difference in all its forms — cultural, developmental, experiential, and relational.

Ethics and safety are woven throughout the training. We understand ethics not simply as rules to follow, but as a way of being that grounds supervision. Safety means creating a space into which supervisees can bring uncertainty and risk without fear of judgement. We model this by fostering openness, curiosity, and dialogue throughout the training, so participants experience the qualities we ask them to carry into their supervisory practice.

Our ethos of *learning for life and from each other* continues beyond the program. Alumni are invited to remain engaged through opportunities for supervision-on-supervision, advanced training, and an ongoing professional community.

In Summary

What distinguishes this program is the integration of the Wheel of Supervision as both a practical framework and a reflective scaffold, together with a deliberate emphasis on relational, group-based learning and learning for life. In this way, we prepare supervisors not only with skills and knowledge, but with the capacity to embody supervision as a living, ethical, relational practice that is both competent and deeply human.

A handwritten signature in black ink that reads "Alison & Adam". The signature is written in a cursive, flowing style.

Dr. Alison Strasser & Dr. Adam McLean

Alison is a practising psychotherapist, coach, supervisor educator & author. The focus of her doctorate was the unravelling of the process of supervision, work that led to the development of The Wheel framework for supervisor training.

Adam is a clinical psychotherapist, supervisor, educator and trainer with over 30 years' experience. He is recognised as a leading group therapist and group supervisor, providing expert training in group work, leadership and supervision.

More about us here: <https://cep.net.au/about-us>

Wheel of Supervision Program

Overview

Our Clinical Supervisor Training is delivered via **The Wheel of Supervision** which is a comprehensive training program designed to engender skills and relational-based competency as a clinical supervisor and official recognition as such. The course meets the training criteria for certification as a supervisor with the **Psychotherapy and Counselling Federation of Australia (PACFA)**, and membership at Supervisor level of the **Australasian Association of Supervision (AAOS)**.

The Wheel of Supervision framework we use offers a comprehensive map of supervision practice and is designed to facilitate practitioners to develop a personal model of supervision and maximise best practice for themselves and their supervisees.

Whilst the training is underpinned by existential-phenomenological philosophy, it accommodates all theoretical models and is integrative in delivery. It encompasses the supervisor's duties, tasks and responsibilities, with an emphasis on the relationship realms that lie at the heart of human existence. With individual supervision as the primary focus, the program also provides insights into group and team supervisory work. Various theories and philosophical views are explored with emphasis throughout on experiential activities, group discussion and supervision practice. Both online and in-person modes of supervision are addressed.

Approach

Our training goes beyond the acquisition of skills and techniques to focus on the development of the person of the supervisor. We are not simply teaching methods; we are cultivating supervisors who are able to move from the structured to the lived, experiential, and relational; who can inhabit the inter-subjective space where the combination of reflection, responsiveness and presence brings out the best in both supervisee and client.

Weekly Focus and Themes

The following 5 weekly themes are inclusive of supervision across different professional contexts – private practice, educational, and organisational – each with its own dynamics, expectations, and ethical nuances.

Week 1: Who am I as a Supervisor?

- Supervision from a personal and professional perspective
 - A supervisory frame that promotes psychological safety, trust and openness
 - Contracting skills that clarify purpose, boundaries and expectations
 - Self-awareness and presence as the foundation of effective supervision

Week 2: What Informs my Supervision?

- Identifying and reflecting on theoretical models, frameworks and personal values and theories
 - Framework-based supervision models
 - Personal worldview and its influence on stance, values and interventions
 - Integrating various perspectives into a coherent supervisory approach
 - Aligning personal meaning systems with professional and ethical frameworks

Week 3: Who am I with my Supervisee?

- The impact of theory, assumptions and bias
 - Relational dynamics, including power, authority and mutual influence
 - Adaption of style and approach to developmental level
 - Application of skills in individual and group contexts
 - Supporting growth, accountability and ethical awareness in supervisees

Week 4: How do I Understand the Client?

- Response to the multiple relational realms
 - How client material is represented and re-experienced
 - Engagement with diversity, cultural difference and worldview
 - Ethical and relational implications of client material

Week 5: How am I Responsible?

- Ethical, legal and professional responsibilities
 - Evaluating processes and outcomes with integrity and sensitivity
 - Balancing formative, normative and restorative functions
 - Reflective responsibility to supervisee, client and self
 - Ongoing plan for professional development

Major Goals of the Program:

- To provide a multi-layered knowledge base of supervisory functioning
- To develop and refine supervisory skills
- To facilitate integration of theory, skills and relational understanding into a working supervisory style
- To develop and enhance the professional identity of the supervisor
- To cultivate a supervisor who works well relationally

Who Should Attend?

The training is suited to experienced practitioners who wish to learn about supervision; practitioners who already supervise in areas such as counselling, psychotherapy, coaching, social work; supervisors who wish to add an existential perspective to their existing knowledge and practitioners/supervisors who are looking for an environment in which they can put learning into practice. While the program is grounded in clinical supervision practice, it also welcomes practitioners from non-clinical backgrounds who bring diverse perspectives and wish to develop their capacity for reflective, ethical, and relational supervision

Admission Requirements

- Minimum of 5 years clinical (or other professional) practice
- At least 5 years receipt of professional supervision
- Completion of application form and interview – demonstrating the desire and capacity for reflective and experiential learning

Summary of Program Components

The Training

Comprehensive training (including some pre-reading). It is live, interactive learning either online by zoom or in-person. In each medium, participation is limited to 16 people to maximise learning outcomes.

Supervision Practice Groups

The Program encompasses 2 supervision practice groups, designed to integrate learning from the training through actual supervision and feedback on personal style and interventions.

Assessment-Task: Integration and Application of Learning

The Program is assessment-based. This helps to deepen engagement with the training and is designed to show evidence of the capacity to integrate learning into practice and the participant's development as a supervisor.

The task is to submit a reflective essay of approximately 3000 words, or an equivalent presentation, that draws on the participant's experience as a supervisor (or as an emerging supervisor) and which integrates theoretical, relational and ethical learnings from the course.

The overall requirement is to demonstrate how the participant has developed as a reflective, relational supervisor, able to apply some existential-phenomenological principles and a professional framework to their own supervisory context.

The following 5 key domains are required to be addressed in the assessment piece:

- Context of Supervision
- Inter-Relational Realms of Supervision
- Diversity, Inclusion and Socio-Cultural Awareness
- Developmental Appropriateness and Level of Supervision
- Integration and Reflexivity

Participants will be fully briefed on what is required within each of the 5 domains

Supervisory Practice

To obtain the certificate, participants must have completed all elements of the training and have accrued 40 hours of practice as a supervisor

Summary of Program Hours

Training	36	
Supervision Practice Groups	10	_____
Total contact hours	46	
Supervisor Practice Hours	40	

CEP Certificate

To obtain the CEP certificate, participants must have completed all the above elements of the program

See following page for PACFA and AAOS requirements

Optional Extra:

Supervision on Supervision Groups to meet PACFA and AAOS requirements

15 hours of SOS are required by both PACFA and AAOS for certification/supervisor membership respectively.

These hours are offered by CEP as an optional extra and on request. Attendees are required to present current work with supervisees.

Participants may also accrue these hours elsewhere.

See further details of PACFA and AAOS requirements here:

PACFA

https://pacfa.org.au/Portal/About/Colleges/College_of_Supervision.aspx

AAOS

<https://supervision.org.au/become-a-member/#options>

Costs

\$

Clinical Supervisor Training Wheel of Supervision Program Training

Contact hours and pre-reading (5 days)

Marking of assessment

1250.00

Practice Groups

10 hours (2 x 5 hours@\$250)

500.00

Optional Extra

Supervision-on Supervision Groups

(by request and where sufficient interest)

Per 2-hour session: **\$130**

Addendum

Advanced Supervisor Training

For those wishing to deepen and broaden their learning from this Supervisor Training Course, we also offer an **Advanced Supervisor Training** Course that builds on the foundations outlined on the previous pages and extends reflective, theoretical and experiential understanding. Find further details on our website.