



WHEEL OF SUPERVISION TRAINING

Individual Supervisor

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Training Overview

The Wheel of Supervision is a 2-year pathway to accreditation as a Supervisor.

The full training meets the criteria for registration as a supervisor with Psychotherapy and Counselling Federation of Australia (PACFA), Australian Counselling Association (ACA) and the Australasian Association of Supervision (AAOS).

This Supervisor training evolved from in-depth research by Dr Alison Strasser into the totality of what constitutes a Supervisor and is designed to enable practitioners to develop a personal model of supervision and maximise best practice for themselves and their supervisees.

Whilst the theoretical underpinning of the training is informed by existential/phenomenological philosophy, it accommodates all theoretical models and styles of learning 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. Specifically, participants learn how to supervise by facilitating the supervisee to embrace alternative perspectives and through exploration of the various issues that arise within the interweaving relationships. An understanding of the self of the supervisor and supervisee is intrinsic to the process.

With individual supervision as the primary focus, the program also provides insights into group and team supervisory work. Various theories and philosophical views will be explored with emphasis throughout on experiential activities, group discussion and supervision practice.

Trainers

[Dr Alison Strasser](#) & [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 this 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.

Major Goals of this Training Pathway:

- To provide a theory or knowledge base relevant to supervisory functioning
- To develop and refine supervisory skills
- To integrate theory and skills into a working supervisory style
- To develop and enhance the professional identity of the supervisor

Anticipated Learning Outcomes of this Training Pathway

Understanding of:

- The skills relevant to the diverse roles and responsibilities of a supervisor
- The range of supervision models
- How supervision benefits clients
- Organisational and governance contexts

Capacity to:

- Negotiate a workable contract with a potential supervisee
- Foster a safe supervisory relationship
- Support supervisees who work from different theories and methodologies
- Use authority appropriately
- Employ educational principles - skills and theoretical
- Apply the knowledge of ethical and legal frameworks - ensuring supervisees are aware of broad ethical principles and professional codes of practice, including the management of confidentiality and the risks inherent in dual relationships
- Work with difference, including ethnicity, cultural background, religion, gender, sexuality, social class, disability, age
- Structure supervision in terms of:
 - presenting clinical information
 - ability to reflect
 - giving accurate and constructive feedback
- Identify own scope and limitations as supervisor
- Identify scope and limitations of supervisee within the current context of practice
- Develop a strategy for continued professional development

Who Should Attend?

This 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

Training Pathway Components and Hours

Summary of components

Wheel of Supervision Part 1 Course	36 hours
Wheel of Supervision Part 2 Course	36 hours
Supervision Practice Groups	20 hours
Supervision on Supervision (SOS)	15 hours (optional - offered if required)
2 Essays	
Supervisor practice	80 hours

Modules

The Supervision Training pathway offered by Centre for Existential Practice is in the form of two comprehensive courses - Wheel of Supervision Part 1 and Part 2 - each comprising a total of 36 hours

Supervision Practice Groups

A total of 4 supervision practice groups, designed to integrate learning from the 2 components of the training through actual supervision and feedback on personal style and interventions. There are 2 practice groups after each component of the training affording the opportunity for all participants to supervise and receive supportive and focused feedback on their work. This comprises a total of 20 hours

Supervision on Supervision Groups (optional)

A total of 15 hours of supervision on supervision groups are offered (where requested) to those who need them. You may also accrue these hours elsewhere. The hours are necessary to meet the supervision on supervision requirements for PACFA and AAOS. To attend these groups it is necessary to present current work with supervisees

Assessments - 2 Essays

At the end of each module and after attending the 2 supervision-on-supervision practice groups, completion of an essay is required outlining your learning from the module.

Supervisory Practice

To obtain the certificate, participants must have accrued 80 hours of practice as a supervisor

Wheel of Supervision Part 1

Worldview of Supervision

Understanding the theory, attitudes & beliefs of the supervisory relationship

36 hours in total

To complete Part 1, attendance at 2 supervision practice groups (10 hours total) and submission of an essay is required

Overview of content

The main focus of Part 1 of the training is the understanding and development of the inter-relational aspects of supervision within the tasks and responsibilities inherent in the role. Whilst the theoretical underpinning of the program is existential- phenomenological, various supervision models are explored and participants are encouraged to develop a personal model of supervision to maximise best practice for themselves and their supervisees.

Whilst the primary attention is on individual supervision, the module will provide insights into group and team supervisory work. Various theories and philosophical views will be examined with focus on experiential activities, group discussion and supervision practice.

What the module will cover

- Introduction to the Wheel of Supervision
- Models of Supervision
- Creating Safety
- What informs my supervisory practice
- Who am I as a supervisor?
- Understanding the client
- Understanding the supervisee
- The responsible supervisor

Wheel of Supervision Part 2

Roles & Responsibilities of the Supervisor Practicing the diversity of supervision 36 hours in total

To complete Part 2, attendance at 2 supervision-on-supervision group practice sessions (10 hours total) and completion of an essay is required (see note 2 page 7)

Note: A total of 15 hours of Supervision-on-Supervision is required for certification and these hours may be completed any time during the 2 year pathway (see note 3 page 7)

Overview of content

In the second module, there is an emphasis on the role and responsibilities of the supervisor both within the interpersonal supervisory relationship and within the context of the supervision practice, with educational, organisational and private settings addressed. Specific issues such as dual roles, conflicts of interest and ethical considerations are explored as is the understanding of and working with difference

What the module will cover

- Creating the supervision environment
- Working with the educator role
- Working within the relational worlds
- The Existential perspective
- Working with difference
- Supervisor's Responsibilities
- Working across Systems
- The passionate supervisor

Notes:

1. For those seeking registration with PACFA see full details here:
<http://www.pacfa.org.au/national-register/accredited-supervisor-requirements/>
2. Supervision Practice Groups and Supervision on Supervision Groups, encompassing a total of 20 hours and 15 hours respectively, are offered as part of the pathway and to meet accreditation requirements. These are offered as in-person components. However, where there is an inability to attend in-person, CEP will negotiate Skype and/or telephone hours as an alternative
3. Supervision on supervision hours (15) can, alternatively, be completed with an external supervisor. A log of these hours is to be completed before issuing of the final Certificate and Transcript for the Supervisor training.

Costs	\$
Part 1 - Worldview of Supervision	1100
knowledge-building/theory 5 days	
marking of assessment 1	
Practice Groups	500
10 hours (2 x 5 hours@\$250)	
Part 2 - Practising the Diversity of Supervision	1100
knowledge-building/theory 5 days	
marking of assessment 2	
Practice Groups	500
10 hours (2 x 5 hours @ \$250)	

Supervision-on Supervision (optional, by request and where sufficient interest)

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

note: 15 hours of SOS are required by PACFA and AAOS