



# AN INTRODUCTION TO RELATIONAL SUPERVISION THE PHILOSOPHY & PRACTICE OF SUPERVISION

A PACFA ACCREDITED COURSE IN ASSOCIATION  
WITH RELATIONAL CHANGE (UK)

GTA is pleased to offer this **PACFA** accredited program offers an introduction to the Relational Matrix Model of Supervision and is a prerequisite for the **Grad Diploma of Supervision** offered in partnership with **Relational Change (UK)**.

**This is a specialist training for those who offer supervision in their practice as psychotherapists, psychologists, organizational coaches, managers and team leaders.**

**Program Leaders / Dr Leanne O'Shea & Tony Jackson**

*with Dr Sally Denham-Vaughan, Dr Lynda Osborne and Dr Marie-Anne Chidiac (RELATIONAL CHANGE)*

Our planned delivery is a mix of in-person and online. However, due to covid-19 lockdowns and travel restrictions it will be possible to complete the entire course online.

**December 2020 & April 2021**

The "RELATIONAL MATRIX MODEL of Supervision", (published), offers a comprehensive, nuanced and practical methodology that will support all who supervise and/or manage the work of others. Its design reflects the Relational Change core "S.O.S." framework and captures the essential nature of 3 dimensions of human experience (self, other and situation) that are foundational to a contemporary relational approach. The Model confirms the fundamental importance of these dimensions in all work with supervisees and clients. Whether working clinically or in a coaching/consulting setting, it is not unusual to experience relational and practice difficulties alongside issues of risk, governance and quality assurance. The matrix offers a way of working with others in which difficulties can be explored, challenges made, and good practice confirmed.

This course is PACFA accredited. Upon completion graduates can continue onto the **Graduate Diploma of Supervision** which will be offered by GTA in 2021. This is a UKCP Recognized Supervision Training that also attends to the guidelines for BACP Supervision Courses. The qualification is awarded by Relational Change (UK).

Relational Change was founded by Sally Denham-Vaughan and Marie-Anne Chidiac in 2012 with the specific purpose to develop Relational theory and praxis in the areas of Psychotherapy, Coaching, Community building and Organisational Development. GTA is proud to officially partner with Relational Change to deliver this program



# AN INTRODUCTION TO RELATIONAL SUPERVISION

## COURSE OVERVIEW

### Module One (3 days) Philosophy & Practice of Supervision

December 9th, 10th & 11th 2020

#### Day One / 9th December

##### Session 1: Introductions and Beginnings 9.30am-3pm

with Tony Jackson and Leanne O'Shea

This introductory session will seek to cultivate the conditions that support a resilient and robust learning environment, not just in the training group, but in the supervisory relationship.

##### Session 2: What is relational supervision? 6.00pm-8pm

with Marie-Anne Chidiac

#### Day Two / 10th December

##### Session 1: Understanding the Relational Matrix Model of Supervision 9.30am-3pm

with Tony Jackson and Leanne O'Shea

We will describe and explore in depth the various components of the Relational Matrix Model of Supervision, notably the importance of giving attention to the three foci of Self, Other and Situation, attending to what is 'figural' while also understanding 'the ground' of the supervisory experience.

##### Session 2: Working with the Figure 6.00pm-8pm

with Sally Denham-Vaughan

#### Day Three / 11th December

##### Session 1: Exploring Applications to Practice 9.30am-3pm

with Tony Jackson and Leanne O'Shea

Through live demonstration and practice work, this session will focus on the application of the key principles taught over the preceding days. Particular attention will be given to the importance of contracting and the conditions of dialogical engagement between supervisor and supervisee that support a robust and resilient engagement.

##### Session 2: Contracting & Creating the Supervisory Container 6.00pm-8pm

with Lynda Osborne

### Module Two (2 days) Roles and Responsibilities of Supervision

April 19th & 20th, 2021

#### Day One / 19th April

##### Session 1: Deepening the Supervisory Inquiry 9.30am-3pm

With Tony Jackson and Leanne O'Shea

As well as reconnecting as a group and reviewing participants' experiences with the application of the key principles, this session will explore how the supervisory relationship is impacted by the dynamics of power and shame. Understanding and addressing these issues is a crucial support for the deepening of supervisory work.

##### Session 2: Relational Ethics 6.00pm - 8.00pm

with Marie-Anne Chidiac

#### Day Two / 20th April

The day will begin at 9.00am with input from Lynda Osborne and will conclude at 4.30pm.

There will be no evening session

##### Session 1: Principles of Embodiment & Experimentation in Supervision 9am-11am

With Lynda Osborne

##### Session 2: Integrating a Relational Approach to Supervisory Practice 11.00am-4.30pm

With Tony Jackson & Leanne O'Shea

Through extended practice and discussion, attention will be given to the integration of the model and ways to support individuals in developing their unique approach to relationally-based supervisory practice.

# AN INTRODUCTION TO RELATIONAL SUPERVISION

## COURSE INFORMATION

### Approach:

We believe that supervision is a relational practice, and that our essential relatedness is central to the practice of supervision. In the relational paradigm our sense of self emerges through our relationships with other individuals and the broader social contexts. The focus of this program is exploring the interrelatedness of the practitioner, their client and the supervisor. Using the Matrix model we will explore these relationships through the lens of context and culture.

### Lateral Learning:

The program seeks to create a learning community. Peer relationships will be supported by collaborative work and attending to the group process.

### Learning Methods:

The program will have a mixed delivery of didactic content presentations, large and small group conversations and experiential exercises, practice groups and demonstrations.

### Delivery:

Our intention is to hold the daytime sessions face-to-face at our Training Centre in Carlton North. Given the ongoing COVID-19 situation, we may need to move to a larger venue or deliver online. Ongoing travel restrictions mean that some people may need to do the whole course online and we will cater for this with a hybrid delivery. All sessions with Relational Change Faculty will be online.

### Assessment:

You will be encouraged to keep a journal throughout the duration of the program (not assessed) and submit a 1500 word reflection on yourself as a supervisor 4 weeks after the program ends.

### Accreditation:

This course has PACFA accreditation and is a prerequisite for the [Graduate Diploma in Supervision](#). We will offer this course in the 2nd half of 2021 (more details soon). This qualification is awarded by Relational Change (UK).

### Costs:

The cost for the [Introduction to Relational Supervision](#) (5 days ) is **\$1,250**

Additional costs for the [Graduate Diploma in Supervision](#) (a further 7 days) is **\$ 2,150**

Total cost for the [Graduate Diploma In Supervision](#) **\$3400**

**Pay for the full Grad Dip in 2020, and the total course costs will be \$3000.**

**PLEASE CONTACT THE GESTALT CENTRE OFFICE FOR MORE INFORMATION OR TO BOOK TO ATTEND THIS PROGRAM**

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## THE TEAM

**Marie-Anne Chidiac** is an international trainer with 20 years' experience as a coach, psychotherapist, OD consultant and supervisor. As well as working clinically in private practice, she is passionate about supporting organisations in developing relational approaches that lead to better ways of working. Marie-Anne is co-founder of Relational Change and brings a distinctive understanding of both the clinical and organisational settings and how they impact the supervisory relationship.

**Sally Denham-Vaughan** has a background as a consultant, clinical psychologist and registered psychotherapist and now works internationally as a coach and organisational consultant. She has been active in training and supervising a range of staff groups throughout her career. She is committed to a relational approach, is the co-founder of Relational Change and currently works with coaches, clients and supervisees in the UK and internationally.

**Tony Jackson** is the Managing Director of the Gestalt Centre. He is a psychotherapist, facilitator and coach with nearly 20 years experience. He is a clinical supervisor working with teams and individuals. He completed the Grad Dip in Supervision in 2019.

**Lynda Osborne** is a UKCP Gestalt psychotherapist. She has been a trainer and supervisor of Integrative/Humanistic counsellors/psychotherapist for over 30 years. Lynda held a senior management post at Metanoia Institute from 1999-2012. She is a Teaching and Supervising Member of the Gestalt Psychotherapy Training Institute. She continues to work with clients, supervisees, trainees and teams in the UK and internationally.

**Leanne O'Shea** is a psychotherapist, supervisor and educator. She studied the Gestalt approach in Melbourne and London. In addition to her private practice work, she holds a number of teaching positions, including the Director of Training at GTA. She is also an Associate with Relational Change in the UK. She is interested in creating greater awareness of and sensitivity to our relational responsibility, and is particularly passionate about the place of sexuality and the erotic within the therapeutic relationship.

## More Information about the Graduate Diploma in Relational Supervision

The 5 day **Introduction to Relational Supervision** is the prerequisite for the **Graduate Diploma in Supervision**, awarded by Relational Change (UK).

The Diploma requires attending a further 7 days training (5 days & 2 days) and assessment tasks: 40 hours of supervision, 10 hours of supervision of supervision, and a written assessment based on a 20 minute taped session. More information about the Diploma will be available soon.

The Diploma will deepen clinical and theoretical models that supports work with practitioners and their clients. We will also explore the practice of group supervision.

The final 2 days of this training will include providing 'live' supervision to interns from the ConnectGround Clinic.