Oxford Institute for Clinical Psychology Training and Research



**Supervisor Training Workshops**

**CHARNEY MANOR, CHARNEY BASSETT, NR WANTAGE, OXON, OX12 0EJ**

**MONDAY 13th & TUESDAY 14th September 2021 (9.30am – 4.30pm)**

**Day 1 – Enhancing Learning in Supervision**

**Helen Kennerley**

**Helen Kennerley (D.Phil) is a CBT practitioner in Oxford.  She is a founding fellow of the Oxford Centre of Cognitive Therapy (OCTC) and has worked there as a clinician, supervisor and trainer.  She has authored and co-authored several CBT texts, including the recent “ ABC of CBT” (Sage, 2021).   She is also a Specialist Associate Tutor with the University of Oxford and for several years she was the Director of the OCTC / University of Oxford Advanced Cognitive Therapy Skills Course, taking the lead in training in CBT Supervision skills.**

This workshop will be a blast from the psychological past, reviewing what we know about memory, attention and learning.  Then we can consider how this theoretical and empirical appreciation can enhance our supervisory practice by making the supervision experience more enduring and applicable.

We will look at the relevance of attending to implicit as well as explicit learning; the pros and cons of didactic vs Socratic supervisory methods; creating the optimum learning setting; the merits of reflecting *in* as well as reflecting *on* events that can lead to better learning.

The workshop will also introduce “PoS" (the small group *practice of supervision* method used in OCTC) that was developed to enhance supervisory skills and deepen learning in CBT supervisors.

As attendees will already be familiar with both learning principles and supervisory practice, there will be plenty of opportunities for discussion and debate to help us refine how we best marry the two.

**Day 2 – Embodiment in Systemic Practice and Supervision**

**Jo Bownas**

**Jo Bownas is a systemic psychotherapist, supervisor and trainer. She worked in the NHS as a systemic family therapist for 22 years: in CAMHS, in adult mental health and in adult and adolescent forensic mental health. Jo now works in independent practice, offering systemic psychotherapy for individuals, couples and families; systemic supervision; and reflective practice to groups in the NHS and Social Care.**

As supervisors and clinicians, we are usually skilled in attending to how we use spoken language. But, as we focus on spoken language, we may neglect our bodies: what we experience and show in our bodies; what our bodies bring to the supervisory or therapeutic encounter; and how our bodies are affected by our work. We embody the cultures of our ethnicity, ‘race’, class, gender, sexuality, ability, age and profession; and our bodies express and are shaped by the differential power associated with those aspects of our identities.

This workshop will invite participants to consider how attending to embodied experience and activity can expand our repertoire, as therapists and supervisors. Through exercises and discussion (and a little playfulness), we will explore how we, and the people with whom we meet, respond to what we each ‘show’ and experience in our bodies; and how we might incorporate embodied practices in our work as supervisors and clinicians.

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**Please Note:**

**It is possible to apply to attend one or both days of training. Please indicate your preferences below. If you would like to attend both, please indicate if you will need accommodation (this is included in the fees.**

**There is a small non-refundable charge of £25 (CASH ONLY) per day applicable for this training to help towards costs. TO SECURE YOUR PLACE PLEASE COMPLETE THIS FORM AND PROVIDE £25/50 IN CASH. Sorry, we are unable to accept cheques or card payments. This training is only available to 3rd year trainees and supervisors who offer training placements to our trainees. If you are unable to provide a cash deposit please contact Ciorsdan for an unofficial (but easy) way of transferring your deposit to us at ciorsdan.anderson@hmc.ox.ac.uk**

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| --- | --- |
| **Name** |  |
| **Address** |  |
| **Telephone** |  |
| **Email** |  |

***CLOSING DATE 31st August (or when the workshop is full)***

***Requests for residential places need to be in by FRIDAY 13th August***

**Workshop days:**

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| --- | --- | --- |
| **Enhancing Learning in Supervision** | **Yes** | **No** |
| **Embodiment in Systemic Practice and Supervision** | **Yes** | **No** |

**Accommodation:**

|  |  |  |
| --- | --- | --- |
| **I require residential accommodation:** | Yes | No |
| **I am prepared to share a room if necessary:** | Yes | No |

**I require the following meals:**

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| --- | --- | --- |
| **Day 1** | Lunch | Dinner |
| **Day 2** | Breakfast | Lunch |

**Dietary Requirements:**

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| --- | --- | --- | --- | --- | --- |
| **Vegan** |  | **Vegetarian** |  | **Other (please specify):** |  |

**Please complete and return the form to the admin team via e-mail:** [**oxicpt-admin@hmc.ox.ac.uk**](mailto:oxicpt-admin@hmc.ox.ac.uk)