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Supervision group

*The nice thing about team work is
that you always have others on your side.*

Margarete Carty

Supervision is essential professional practice so that our work can be carried out most effectively. If you are interested in meeting with other practitioners to share your professional work then a supervision group might be a useful forum for this. After completing training you may lack the support of your peers. You might be a counsellor or a psychotherapist in private practice, or working for a GP surgery or other counselling or psychotherapy agencies. Working in private practice or in the statutory services can be demanding and sometimes isolating, as practitioners often lack sufficient support and carrying heavy caseloads can be difficult without the support of colleagues.

A supervision group is a space for your clinical concerns. We will aim to support one another by reflecting constructively about each others' work. The aim will be to develop an atmosphere of encouragement and trust to enable you to be open about your work. We will take note of conscious and unconscious processes, including such phenomena as the transference, the counter transference and parallel process. We will consider reflective listening skills. Supervision with colleagues in groups opens up new perspectives upon your work. A variety of therapeutic perspectives within the groups from colleagues may throw new light on to your clinical work. The group process is a major creative tool in this exploration.