

Whole Person Growth Facility

*GROW WHOLE *BE WELL *RELATE WELL

EXPERT GROUP SUPERVISION FOR
COUNSELLING AND
PSYCHOTHERAPY PROFESSIONALS



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WHOLE PERSON GROWTH FACILITY

EXPERT GROUP SUPERVISION FOR COUNSELLING AND PSYCHOTHERAPY PROFESSIONALS

A Quick Survey!	Yes	No
1. Are you providing clinical counselling /psychotherapy to patients/clients for at least 30% of your client exposure time?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you often wish you could process your work with an expert for the benefit of your patients/clients?	<input type="checkbox"/>	<input type="checkbox"/>
3. Would you welcome opportunities to reflect more about the dynamics of your therapeutic relationships?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you sometimes experience challenges as to how to best proceed for the overall wellbeing and welfare of your clients?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you feel a need for “keeping up” with your professional field?	<input type="checkbox"/>	<input type="checkbox"/>
6. Are you not currently in any supervisory relationship (expert or peer)?	<input type="checkbox"/>	<input type="checkbox"/>

If your answer is “yes” to three or more of the above question, then you can have your concerns met through Expert Group Supervision.

What is Expert Group Supervision?

We learn best by reflecting individually and with others on our experiences. When we do this, we make valuable abstractions, which we can apply to actions that will guarantee results that are more effective in the future. This is the essence of experiential learning. For counselling and psychotherapy professionals, expert group supervision is a powerful means for enabling this reflection and action oriented learning. While an expert psychotherapist is required to facilitate this process, the experience dynamics of the entire group will enrich and enhance sustainable, synergistic learning. In this way, we will be able to experience the confidence and security of providing the best practices for our clients/patients.

The Goal of Expert Group Supervision

To sharpen clinical skills in the art, science and practice of counselling and psychotherapy.

Who Should Register?

Postgraduate professionals who currently provide counselling and/or psychotherapy to clients and patients, e.g. Psychiatrists, Clinical Psychologists, Psychological Counsellors, Clinical Social Workers, Pastoral Counsellors.

It is highly desirable that every such professional be in a supervisory relationship. This is a standard aspect of professional growth in several countries.

How will I benefit from Expert Group Supervision?

Based on the identified needs of the group, Expert Group Supervision will help you, for example, to:

1. reflect more deeply on the use of the person as counsellor/therapist.
2. utilise greater self and other awareness in recognising and managing the more impactful issues and practical aspects of the client/therapist relationship;
3. experience greater confidence in handling transference and countertransference issues;
4. identify and implement corrective action for working through parallel process;
5. maximise on utilising the group's dynamics and processes for greater self-learning and achieving therapeutic outcomes;
6. increase competence in rapid assessment techniques where required;
7. broaden your knowledge and understanding of the variety of intervention strategies that will be helpful to various clients and situations;
8. reflect on integrating the therapeutic process in the context of one's organisational setting;
9. face the challenges of ethical dilemmas with greater equanimity.

Who Will Facilitate the Group?

Dr. E. Anthony Allen is a Consultant Psychiatrist & Consultant in Whole Person Health. He was a part-time lecturer in psychotherapy (1974 -1999) in the Department of Community Health and Psychiatry, University of the West Indies (UWI), Mona. Dr. Allen's forty plus years of work has included experience as an educator, trainer, private practitioner and consultant in the field of counselling and psychotherapy.

LOCATION

Whole Person Growth Facility,

8 Durham Avenue,
Kingston 6

TIMES

Thursdays 5:30 – 7:30pm, **once every three weeks**

CYCLE 1: 2010

1. September 2
2. September 23
3. October 14
4. November 4

CYCLE 2: 2010

1. October 7
2. October 28
3. November 18
4. December 9

CYCLE 3: 2011

1. January 13
2. February 3
3. February 24
4. March 17

CYCLE 4: 2011

1. January 27
2. February 17
3. March 10
4. March 31

We will offer Expert Group Supervision with a closed group arrangement to enable continuity and group bonding. If possible, more than one group could be run concurrently. These would be modules of four sessions after which there would be a renewal and contracting for a further module. The minimum registration for each module will be six persons and the maximum nine persons.

Note that it is desirable that supervision is a long-term commitment for any professional counsellor /therapist motivated for lifelong growth. Persons can therefore choose to benefit from ongoing 4 session modules, provided there is supervisee satisfaction. The benefit of continuity is that learning will be achieved as group members observe the changes in the growth of both their clients and themselves as professionals over time.

Cost per 4-session cycle

The cost per 4 session cycle is J\$16,000.00, payable in advance. Full payment must accompany the registration form for each cycle. If there is a lack of sufficient participants for any cycle, fees will be held until the next available cycle or refunded as desired.

Registration Information

Please indicate your interest as soon as possible. When we have enough persons to start, we will contact you and ask you to register immediately. Refund requests must be received in writing at least two weeks or as close as possible before the start of each cycle.

Method of Payment

- By cash, delivered to 8 Durham Avenue, Kingston 6
- By cheque, delivered to the above address or by mail made payable to the above address and received before the start of the cycle.

For further information/registration, contact:

Mrs. P. V Urquhart

8 Durham Avenue

Kgn. 6

Phone: 702-2898/779-5856

Email: eanthonyallen@gmail.com

Whole Person Growth Facility
EXPERT GROUP SUPERVISION
REGISTRATION FORM

Surname First Name Middle Initial Title

Company/Institution/Agency

Occupation

Main Professional Qualification

Address

Telephone Fax

E-Mail (please write clearly in script)

FEE PAID IN FULL (J\$16,000.00)

CYCLE PERIOD:
From: _____

Cash Cheque

To: _____

Signed: _____

Date: _____

Received by: _____

Date: _____