

## OCN Certificate in Counselling Supervision

### Who is this course suitable for?

This OCN Credit4Learning accredited certificate course is for experienced counselling practitioners who wish to train to become counselling supervisors. It is also suitable for those who would like to see whether becoming a supervisor is right for them. This affordable course is compact and rigorous and is designed to cover the key skills and competencies needed to become an effective counselling supervisor.

The main focus of the course is on supervising individuals, although there is some discussion about supervising groups. There is the opportunity to attend a follow-on weekend 'Supervising Groups', should there be sufficient student interest.

### Course Tutor

Lisa Mass

### Tutor Support

tbc

### Dates

17 & 18 September 2022

15 & 16 October 2022

12 & 13 November 2022

### Times

10.00 am – 4.00pm

### Venue

ONLINE USING ZOOM

### Cost

£1250.00

### Course Aim

To provide students with the knowledge and skills to deliver effective counselling supervision.

### Learning Outcomes

By the end of the training course, students will have:

- A clear understanding of what constitutes effective supervision, in terms of the role of the supervisor, and the tasks, skills and process of supervision
- A thorough understanding of the ethical framework of supervision
- Had the opportunity to practice and demonstrate supervision skills, receive constructive feedback from tutor and peers, and develop proficiency
- Considered cultural issues and the different contexts in which supervision takes place
- Considered supervising those with different theoretical approaches
- Understood the administrative tasks involved
- Developed a template for a supervision working agreement

### Methodology

The course consists of a balanced mix of:

- Theoretical input from course tutors
- Experiential exercises
- Facilitated group discussions
- Practice sessions
- Written Course Assignments

### Duration

#### Course Assignments – to be completed by 12<sup>th</sup> February 2023.

Compilation of a portfolio of evidence, including:

- A reflective journal
- A three-thousand-word essay clearly demonstrating how students have incorporated their learning from the course to supervision practice
- Completed feedback forms for 10 x one-hour Practice Supervision Sessions
- Recording of one Practice Supervision Session (1 hour)

If you would like more information about the assignments or any other aspect of this course, please contact Lisa Mass **Tel: 0777 300 78 94** Email: [contact@lisamasscounselling.co.uk](mailto:contact@lisamasscounselling.co.uk)

### Course Accreditation

This course is accredited by the Open College Network Credit 4 Learning, at Level 5

## Entry Requirements

Students must have:

- Diploma in Counselling
- Minimum 2 years post-qualifying experience or 400 counselling hours
- Letter of support from counselling supervisor regarding suitability & readiness to undertake this training

## Number of Participants

There will be a maximum of 12 students on the course

## Course Attendance

It is expected that students will have 100% attendance. Students must attend at least 90% of the 6 course days. Any work missed will need to be done in students' own time. Those who have 90%-100% attendance and successfully complete the portfolio will receive the OCN Certificate in Counselling Supervision. Students who do not meet the minimum requirement of 90% attendance will receive a CPD certificate for hours attended.

## Payment & Cancellation Policy

### Self-funding:

A **non-refundable** deposit of £195.00\* is required with your application.

The balance of £1055 is payable no later than 19<sup>th</sup> August 2022. Payment can be made by cheque or electronic transfer. **\*Your deposit secures your place and is non-refundable UNLESS for any reason your application is unsuccessful.** It may be possible to pay in instalments. Please contact Lisa to discuss.

In the event of you cancelling your place once it has been paid for in full, if it is more than one calendar month before the course start date, a refund can be made of the fee paid, less £195.00 deposit. If you cancel your place less than one calendar month before the course date refunds cannot be given unless there is a waiting list and your place can be re-filled.

### Organisation

If your organisation is paying for your place the whole amount is payable once you have been accepted on the course. In the event of you cancelling your place once it has been paid for in full, if it is more than one calendar month before the course start date, a refund can be made of the fee paid, less £195.00 deposit. If you cancel your place less than one calendar month before the course date you will not be given a refund unless there is a waiting list, and your place can be re-filled. An administration charge may be payable.

### Payment Details

SORT CODE: 40-47-75

ACCOUNT NUMBER: 52457717

ACCOUNT NAME: LISA MASS

**Cheques should be made payable to 'L. Mass'. Please send your cheque to:**

**Lisa Mass Counselling. Flat D, Mistletoe Lodge, Lionel Avenue, Wendover HP22 6BL**

### Course Tutor - Lisa Mass

Lisa is a BACP Senior Accredited Counsellor who has thirty years' experience of supporting adults, children and families. She is based in Buckinghamshire, and has worked in a variety of settings, including schools, colleges, charities, businesses and private practice.

Until recently, Lisa was Head of Counselling & Family Support at South Bucks Hospice.

Lisa currently works in private practice, offering online support to adults & families experiencing illness, bereavement and other traumatic life events.

Lisa provides online supervision for counsellors throughout the UK, who work with those affected by bereavement, cancer and other health issues, within the NHS, Hospices & private practice.

She also supervises qualified counsellors working in general practice, and who have a range of specialisms, as well as those who themselves offer supervision.

Lisa has extensive experience of providing individual and group supervision for students and qualified counsellors, including those working in health & education settings, agencies and private practice.

Lisa wrote this course and delivers each one herself with the support of a previous course student, who successfully completed the training. The course has been running successfully for the past ten years and due to demand, is now delivered three times each year.

Lisa also provides CPD days for counsellors, and training for professionals to equip them to support children & adults affected by mental health issues and illness & bereavement.

### Tutor Support – tbc

Feedback from students, online course, commenced January 2021:

**“Superb course from start to finish. Communication was consistent and just the right amount. Content all interesting and necessary, nothing I was left wondering about. A warm, friendly delivery of the course, creating a comfortable space to learn in, the fact it was on Zoom didn’t affect us bonding as a group as I thought it might.” AC**

“You did a fabulous job redesigning course from face to face to zoom and nothing was compensated. It has provided the knowledge and learning that has increased my confidence to move forward in my career and added to my skills as a counsellor.” Student

“Tutors had extensive knowledge and understanding, everything was responded to and explained. Both Lisa & Sharon were able to share their knowledge with us in an open and positive way, they were able to enthuse and motivate the group effortlessly.” Susan

“Incredible timekeeping without any sense of rigidity; the content always felt relevant and yet we were always able to bring in questions and feel they would be answered. Humour, seriousness and clarity a lovely combination.” Claire

**“The course exceeded my expectations – short and sweet yet so comprehensive – no ‘faffing around’ or ‘padding out’ as can often be the case on courses.” Elaine**

“The course content was informative and went above and beyond being helpful. I am still impressed by the easiness of the course delivered online, and I believe this reflects the professionalism of Lisa and Sharron.” Julie

“I came to this course as a counsellor who was already supervising volunteer work, however, I was very conscious of the fact that I had had no training. This course has really equipped me with the skills to be able to do the role and most importantly, the confidence and self-belief!” Beth

“I felt that tutors had excellent knowledge and experience through being supervisors and clearly were passionate about the role. I would recommend this to other counsellors making the transition to supervisors.” Linda

**“A great course which has provided me with confidence in being able to become a supervisor. The course was succinct and delivered well within a great learning environment. Tutors were clearly knowledgeable about the course content which was delivered well.” Martina**

“I have really enjoyed the course. You both have been approachable and supportive throughout and have made it enjoyable, interactive and I have learnt so much! Thank you!” Sharon

“Thank you, Lisa and Sharron. I was very nervous at the start of the course but you made me feel at ease. Your support and encouragement made such a difference.” Clare

**“The course had all the information I needed to train as a supervisor. Both Lisa & Sharron were very knowledgeable about Supervision, and answered all the questions that I raised.” Sarah**

“Superb course from start to finish. Communication was consistent and just the right amount. Content all interesting and necessary, nothing I was left wondering about. A warm, friendly delivery of the course, creating a comfortable space to learn in, the fact it was on Zoom didn’t affect us bonding as a group as I thought it might.” AC

## Frequently asked questions

### Who is this course for?

This OCN accredited course has been running successfully for ten years. It is for experienced counselling practitioners who wish to train to become counselling supervisors. The course is also suitable for those who would like to see whether becoming a supervisor is right for them.

Applicants must hold a Diploma in Counselling and have a minimum of 2 years post-qualifying experience or 400 counselling hours.

They also need a letter of support from their counselling supervisor endorsing their suitability & readiness to undertake this training.

### What does the course cover?

The course is designed to provide students with a clear framework for setting up in practice as a supervisor. It covers the key skills and competencies needed to become an effective counselling supervisor. Students are encouraged to identify their existing transferable skills, and also the areas in which they need to develop further competency.

The course concentrates on the role and task of the supervisor, and the skills & qualities needed to fulfill this role. It considers our ethical responsibilities as supervisors and how we will respond to ethical dilemmas we may encounter in our work with supervisees. Students develop a template for a supervision working agreement. The course considers cultural issues, working with difference, the different contexts in which supervision takes place, as well as the administrative tasks involved in providing supervision.

There is a strong practical element to the course allowing students the opportunity to participate in practice sessions and critique their own performance, as well as receive constructive feedback from course tutors and peers. The main focus of the course is on supervising individuals, although there is some discussion about supervising groups. There is the opportunity to attend a follow-on weekend 'Supervising Groups'.

### How do I know if the course is suitable for my theoretical modality?

The course attracts students from a range of theoretical backgrounds and is not modality specific. Previous students have described themselves as Person-Centred, Humanistic, Psychodynamic, Integrative, TA trained or using CBT. During the course students will have the opportunity to work with each other and consider whether it would be appropriate for them to supervise those with different theoretical approaches from their own.

### What is the style of teaching on the course?

Whilst there is some theoretical input from course tutors there are also experiential exercises, facilitated group discussions and practice sessions where students receive feedback from peers and tutors.

### **How effective is online training?**

Using Zoom allows us to do everything that we would do if we were meeting face to face, other than mingle at the coffee breaks. We are able to work in smaller groups using virtual break-out rooms. The group size is limited to twelve people and students get the opportunity to mix with each other in smaller groups, during different exercises and practice sessions. Whilst meeting in person can be enjoyable, online students have been able to form good relationships and have appreciated saving on travel time and costs.

### **How big is the group?**

There will be a maximum of twelve students on each course. This helps to create a safe space in which to maximise learning and allows tutors to get to know students, and give effective feedback, in order to aid their development.

### **Do I need to have supervisees when I start the training?**

No, you don't. You can complete the practice sessions for your portfolio with other course students, with counselling colleagues or a combination of both of these.

### **What's involved in putting the portfolio of evidence together?**

The Portfolio of Evidence includes the course handouts, evidence of course activities, feedback sheets from course practice sessions, a 3,000-word essay describing the transition from counsellor to supervisor, 10 x 1 hour practice sessions with feedback sheets, and a Learning Journal which students keep for the duration of the course. Students also submit a one-hour recording of a supervision practice session.

The portfolio builds as the course goes along and students have approximately 2.5 months after the third weekend to complete their practice sessions and other assignments. Tutors provide support to students until the portfolio deadline.

### **What level is the course accredited at?**

The course is accredited at Level 5, by the Open College Credit4Learning

### **Many training courses are longer than three weekends. How can a short course provide adequate training to qualify as a supervisor?**

This course is designed to suit those who would prefer a more compact and focused course or who are not able to commit to a lengthier or more expensive training. The course is carefully constructed to gain in momentum and provide a breadth of learning that equips students with a framework to practice safely and effectively as supervisors. Students are expected to supplement their learning with independent reading. Whilst the course may be shorter than others it is every bit as rigorous in its standards. The course has an internal and external moderator to ensure that its' aims and objectives are met.

### **Will I be eligible to apply for BACP individual supervisor accreditation after undertaking this training course?**

BACP does not currently require applicants to have undertaken a formal supervision training course in order to apply for accreditation. Applicants are asked to demonstrate that they have undertaken at least 90 contact hours of supervision with counsellors/psychotherapists over a minimum of two years and they are also asked to list the CPD they have undertaken in the past 12 months. In the reflective practice criteria, they are asked to demonstrate their knowledge, understanding and competence as a supervisor which includes describing their approach to supervision and the theory/knowledge base that underpins their supervision practice.