

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

28 & 29 January 2023

25 & 26 February 2023

25 & 26 March 2023

Times

10.00 am – 4.00pm

Venue

ONLINE USING ZOOM

Cost

£1295.00

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 discussion
- Practice sessions
- Written Course Assignments

Duration

This 60-hour course consists of:

- Six days of online training on Zoom (30 hours)
- 10 x 1-hour Practice Sessions – to include at least one session between weekends 1-2 and at least one session between weekends 2-3. * (10 hours)
- Course Assignments (20 hours)

***Students do not need to have a supervision placement to undertake this training.**

If students do not have a placement, practice sessions can be done with other course participants or with counselling colleagues, or a combination of both.

Course Assignments – to be completed by 31st May 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

Course Accreditation

This course is accredited by the Open College Network Credit4Learning, 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 £1,100 is payable no later than 16th December 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 your place can be re-filled. An administration charge may be payable.

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 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 hospices, schools, colleges, charities and in private practice.

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

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.

Currently she 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 who work with adults, children & young people in a range of settings and with broader presenting issues. In addition, she provides supervision to practitioners who are themselves work as supervisors.

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 eleven 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 May 2021:

“The course was advertised as a compact and rigorous training – and it is. The course is very much about building your confidence to get you up and running as a supervisor, with a focus on practical, ethical and administrative tasks and skills you require as well as lots of supervisor practice with the opportunity for lots of feedback on your progress. This has very much built my confidence in my ability to take on the role of supervisor.” Helen

“The size of the group was perfect. The frequency and pacing of the course worked well for me. I would be happy to recommend the course to others.” Andrew

“Thank you so much for being so graceful in your delivery of this course, for seeing us all as individuals and answering all of our questions with such care and attention. You provided a really non- judgmental space which was the optimum environment for learning.” Anna

“It was a pleasure to be part of the group. It has taken me on an interesting journey, both mentally and emotionally. Lisa and Sharron, you have enriched my learning experience, and given me feedback to work with to enhance my abilities in my counselling/supervision work. Thank you.” CP

“Both facilitators competent, friendly and clear. Enjoyed facilitators’ style, warmth and wisdom.” Student

“I thoroughly enjoyed the training. The course was very well structured with clear instructions and helpful handouts. The group size was just right for online learning. Both tutors were excellent, very experienced, and supportive. I would certainly recommend this training to others.” Student

“I wanted a focused course, and this is what I got. It was also professional and to a high standard.” Student

“I liked the mix of breakout sessions and large group discussions, and the size of the group was just right for working together.” JV

“Thanks for holding the space and offering such a well thought out course that will allow me to feel able to add this new element to my practice without having to do years of training.” Student

“Great variety of content, information, knowledge and practical skills. I liked the mix of tutor input, experiential learning, discussion, small group etc.” Rita

“The course was enriching and great value for money and the amount covered in 6 days was just right. I now feel confident to take on supervisees. It does exactly what it says on the tin! I highly recommend this course.” Jayne

Frequently asked questions

Who is this course for?

This OCN accredited course has been running successfully for eleven 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. Students are expected to undertake independent reading.

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 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 do not. You can complete the practice sessions for your portfolio with other course students, with counselling colleagues or a combination of these.

What is 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 individual supervisor 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.