

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

January 19 & 20 September 2020
February 17 & 18 October 2020
March 21 & 22 November 2020

Times

10.00 am – 4.00pm

Venue

Jackson Mill Room, Bourne End Library, Wakeman Road, Bourne End, Buckinghamshire SL8 5SX
(Easy access from London, M25, M40, M4)
Easy parking Sat £2.50, Sun £1.00
Close to shops, cafes & Bourne End Station.

Cost

£995.00

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

This 60-hour course consists of:

- Six days of face to face training (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 12th February 2021

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 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 £800.00 is payable no later than 19th August 2020. 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 her home practice.

Lisa is currently Head of Counselling & Family Support at South Bucks Hospice.

Lisa has experience of counselling adults, families, young people & children with relationship issues, work & school-related problems, anxiety, depression, self-harm, eating issues, parenting issues, trauma, illness & bereavement.

Lisa is an experienced bereavement counsellor. She worked for Daisy's Dream, a Berkshire charity for nine years, providing individual and group support for children and families bereaved by illness, accident, suicide and murder.

She set up a pre-bereavement support service and worked as a Macmillan Professional, and has supported many hundreds of families affected by life-threatening illness and bereavement.

She also provides supervision for counsellors who work with those affected by trauma, bereavement, cancer and other health issues, within the NHS, Hospices & private practice. She is based in High Wycombe, Buckinghamshire.

Lisa has extensive experience of providing supervision for counsellors working in health & education settings, agencies and private practice, and at all levels of experience. She has extensive experience of supervising individuals and groups.

Lisa wrote this course and delivers each one herself with the support of a previous course student, who is now an experienced supervisor. The course has been running successfully for the past nine years and due to increased demand is now offered three times each year.

Lisa also provides training for school professionals to equip them to support children affected by mental health issues and illness & bereavement.

Tutor Support – tbc

Feedback from students, September 2019

"Very informative, good quality content, thought provoking and challenging in a positive way. The guidance for work required is very good. I would highly recommend to other practitioners," Catherine

"Tutors' knowledge was clear and transmitted in an accessible form. I would recommend this well-structured intensive course to others." Student

"I really want to thank you for making a scary experience enjoyable. It is not easy, once you have practiced for a while, to put yourself out there again. You made it feel safe that we could learn in our own way and at our own pace." MBH

"Tutors had excellent knowledge and were able to give information and answer all questions. I thoroughly enjoyed the course and found it very informative, useful and thorough. Student

"Delivery was organised and clear, tutors were knowledgeable and experienced in this field. The course exceeded my expectations." Student

"Thank you so much for your knowledge and calm teaching style. I also really appreciated the tutor input and support with assignment and portfolio." Jo

"This course fitted was I was looking for perfectly. It was fast paced, compacted into three weekends, with additional time to work at home, and I could fit it into my busy schedule. Thought the content of the course was excellent." Christine

"I have thoroughly enjoyed this course and found it very informative and it exceeded my expectations. Tutors have been available to support us with any issues, questions or concerns we raised about our learning, or around our new roles as qualified supervisors." FK

"Covered all the aims and objectives. Tutors clearly knowledgeable and skilled. Thank you for being available, calm, kind, reassuring and accessible" T O'C

"Excellent content. So glad I chose this course. Great mix of theory/practice/ individual / group work. Glad it wasn't just a power point exercise! Support and speed of replies was great. What an enjoyable way to learn!" BF

"I really feel I have learnt a massive amount of information, skills and knowledge about the role. I have enjoyed every weekend and feel quite confident to start to look for supervisees" SR

Frequently asked questions

Who is this course for?

This OCN accredited course has been running successfully for nine 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 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.