

This course is Approved by the HIP College of UKCP and attends to the guidelines for BACP Supervision Courses.

SUPERVISION: A RELATIONAL CHANGE PROCESS POST-GRADUATE CERTIFICATE/DIPLOMA

LYNDA OSBORNE, MARIE-ANNE CHIDIAC, & DOUGLAS SHARP
Beginning January 2025

Supervision is a requirement for counsellors, psychotherapists as well as coaches and many others in the helping professions.

In psychological work we consider change to be best supported by relationships in which difficulties can be explored, challenges made and good practice confirmed.

Whether working clinically or in a coaching setting with clients it is not unusual for practitioners to experience relational and practice difficulties. This translates into the need for a supervisor who can offer new models and a fresh perspective or insight as well as supporting competent practice.

Our Approach

Our approach to supervision practice is deeply relational. This means recognising that relatedness to others is an existential given and a core organising principle that shapes who we are and what we do. In a relational paradigm our sense of self emerges through being in relationship with others - both at the level of our relationships with other individuals, and also in the wider context.

On this course we will consider how the self of the client, the therapist/coach and the supervisor, the relationship between them, their specific contexts, and the wider field in which they all engage are continuously influencing the supervisory process. We will explore these dynamics drawing on our published process model of supervision, supported by a range of theoretical models and experiential learning.

Who is it for?

The course is for experienced practitioners. It is suitable for practitioners in different areas of psychological, coaching and organisational work, including:

- qualified counsellors, psychotherapists.
- counselling, clinical and coaching psychologists.
- coaches and mediators
- others in the helping professions both statutory and voluntary.
-

The programme will be taught by experienced practitioners who have a combination of supervision, psychotherapy, training, coaching and organisation development experience.

This course will be delivered on-line using the Zoom platform for Modules 2 and 3 and Face to Face in Kingston for Modules 1, 4 and the Diploma



Certificate Dates:

30 - 31 Jan -1 February 2025
11- 12 April 2025 (online)
5-6 June 2025 (online)
18-19-20 September 2025

Diploma Dates:

7-8 November 2025

Times:

9.30am – 5.00pm each day
(10am start on Day 1 of each module.)

COST: £1900 (or £1650 early bird discount if booked before end September 2024).

FOR MORE INFORMATION email:

Lynda Osborne at
lynda@relationalchange.org
or call 01252 724403.

TO BOOK email: Mandy at
mandy@relationalchange.org

FULL COURSE OUTLINE:

Module One: 30 – 31 January and 1 Feb 2025

Meeting and contracting: beginning work in supervision

In this initial module we will focus on cultivating conditions to foster nourishing relationships, both on the course and in our supervision practice. A specific focus will be on contracting and context with an introduction to our process model.

Module Two: 11- 12 April 2025 (Online Module)

Relational supervision in practice

We will deepen the exploration of the process model with attention to the three foci of self, other and situation, and explore how topics including co-transference, parallel process and changing cultural context affect supervision.

Module Three: 5-6 June 2025 (Online Module)

Practice Issues, the roles of the Supervisor

This module will review the tasks and responsibilities of supervision including legal, ethical and professional practice issues. Working with Supervision Groups is considered. Particular attention will be placed on exploring aspects of shame and power dynamics.

Module Four: 18-19-20 September 2025

Attending to body process and experimentation

This module emphasises awareness of embodied process and how our bodies engage in relational dialogues, with clients and in supervision. Experimentation and creativity is a focus and development of individual style. Consideration will also be given to alternatives to face to face supervision.

Certificate in Relational Supervision

To gain the Certificate participants need to have:

- Attended all 4 modules
- Written a 2,000 words reflection of self as supervisor

Note: Practice of supervision is not a requirement for the Certificate.

Diploma in Relational Supervision: 7-8 November 2025

(Additional £500 – excluding supervision of supervision).

To gain the Diploma participants need to have:

- Attended all 4 modules.
- Two further days of consolidation.
- 40 hours practice of supervision.
- 10 hours supervision of supervision (arranged, and financed independently).
- 20 minute excerpt of a supervision session with a 2000 word process report.

TUTORS



DR LYNDA OSBORNE – D. Psych, MA, MSc, ECP, UKCP registered Psychotherapist and Supervisor. Lynda is the Programme Lead. She is a UKCP Gestalt psychotherapist and has been a trainer and supervisor of Integrative/Humanistic counsellors/psychotherapist for over 30 years. Lynda held a senior management post at Metanoia Institute from 1999-2012. She is a Teaching and Supervising Member of the Gestalt Psychotherapy Training Institute. She continues to work with clients, supervisees, trainees and teams in the UK and

internationally.



DR MARIE-ANNE CHIDIAC – D. Psych, MSc, MBA, UKCP registered Psychotherapist and Supervisor

Marie-Anne is an international trainer with 20 years' experience as a coach, psychotherapist, OD consultant and supervisor. As well as working clinically in private practice, she is passionate about supporting organisations in developing relational approaches that lead to better ways of working. Marie-Anne is co-founder of Relational Change and brings a distinctive understanding of both the clinical and organisational settings and how they impact the supervisory relationship.



DOUGLAS SHARP, BSc Psychology, MSW, BACP registered Psychotherapist and Supervisor.

Douglas is a professionally registered Gestalt psychotherapist and supervisor and manages an independent psychotherapy practice. He brings experience from 25 years in social work practice and education in Edinburgh and the University of Dundee. Douglas is working towards qualification with EAGT as an organisational practitioner (GPO). He is committed to awareness-based learning and development in all fields of life.