

# Workshops for Supervisors

A series of Workshops for the Continued Development of Supervisors

3 WORKSHOPS

**LYNDA OSBORNE, DI HODGSON, DOUGLAS SHARP & MARIE-ANNE CHIDIAC**

Starting 21<sup>st</sup> February 2025

Join us for a series of three post qualification workshops to explore some of the challenges of working as a supervisor and to further develop your skills. Each workshop will focus on a different aspect of supervision and can be booked separately.

## **Workshop 1 [In Person]: Facing Difficulties: Finding Resources**

(Di Hodgson & Lynda Osborne – Kingston – 21 & 22 February 2025- 9:30 to 5pm)

In these 2 days we will explore some of the difficulties that can, and do, challenge us as supervisors. We will draw on a range of situations and consider potential pitfalls and possible 'best' outcomes. We will cover working with boundaries and ethics, challenge, body process, experimentation and supervisory authority. There will be experimental exercises, the opportunity for participants to share their experiences and to consider the resources that they may need.

## **Workshop 2 [Online]: Working with Teams and Groups in Supervision**

(Marie-Anne Chidiac - 21& 28 March 2025– 8:30-11:30am)

This workshop will run over two mornings on successive weeks.

It will address the tensions and challenges when supervising teams and groups. This online day (split over two sessions) will look specifically at the contracting process as well providing the opportunity to share and consider the relevant support for these situations.

## **Workshop 3 [Online]: Shame & Supervision**

(Douglas Sharp – 4 & 11 June 2025 – 8:30-11:30am)

This workshop will run over two mornings on successive weeks.

The objective of this interactive online training is to support supervisors with awareness to identify shame, develop tools to address, and mitigate the impact of shame in/on supervisees and the supervisory relationship.

- The first session will focus on understanding shame, its manifestations in supervision situation, and how we identify it in supervisees.
- The second session covers creating a safe supervisory space, addressing shame directly and indirectly, and self-care for supervisors.



**VENUE:** Kingston-Upon-Thames (within walking distance of the train station) & ONLINE

### **COST:**

Workshop 1 (2 days): £600  
(Kingston-Upon-Thames)

Workshop 2 (1 day): £250  
Online

Workshop 3 (1 day): £250  
Online

Discount for 3 Workshops  
booked: £1000

**TO BOOK email: Mandy at :**  
[mandy@relationalchange.org](mailto:mandy@relationalchange.org)

## TUTORS



**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.



**DR DI HODGSON - BA, MSc. Gestalt Psychotherapy, DPsych, UKCP Registered Psychotherapist and supervisor.**

Di is a trainer, psychotherapist and supervisor with a private practice. She has worked in the field of counselling and psychotherapy for over 30 years. For over 12 years Di was the Director of the MSc in Gestalt Psychotherapy at Metanoia Institute. Di is an international trainer, a regular facilitator of workshops, and an external examiner for international Institutes. She has been chair of the GPTI executive, the UKCP diversity, equalities and social responsibility committee and been on the editorial team of the British Gestalt Journal. Di has also worked as an organisational development consultant and executive coach.



**DR LYNDA OSBORNE - D.Psych, MA, MSc, ECP, UKCP registered Psychotherapist and Supervisor.**

Lynda is a UKCP Gestalt psychotherapist. She 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.



**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.