

SUPER VISION FOR SUPERVISORS
TRAINING & PROFESSIONAL DEVELOPMENT

Compassion & Self-Compassion



FOR TEAM LEADERS, LECTURERS, MANAGERS & SUPERVISORS OF COUNSELLORS,
PSYCHOTHERAPISTS & CASE MANAGERS

Day Four:
23 October 2020

Kindred Art Space
Frankston Victoria

**Drawing on the works of Tim Desmond and P. Gilbert,
we will address the following topics:**

- Compassion / empathy
- Avoiding burnout
- Mindfulness
- Implications for Supervisors
 - Compassionately identifying own limitations and limitations of supervisees
 - Encouraging supervisees to practice compassion and self compassion
- Courageous and compassionate conversations
 - Addressing competence
 - Addressing personal issues that may be impacting on a supervisee's work
 - Addressing bias
 - Maintaining standards

Your Presenters:

Cheryl Taylor and **Jo Ablett** have a solid foundation of Supervisory Training and experience gained over more than a decade of practice as Supervisors. For the past five years Cheryl and Jo have provided professional development workshops for Supervisors. Cheryl is currently employed as a lecturer and supervisor at The Cairnmillar Institute and Jo is a Senior Trainer for Expressive Therapies Institute of Australia. Both are registered Supervisors with ACA and PACFA.

Cheryl and Jo are committed to supporting other practitioners in their professional journeys and to provide a safe space for those in supervisory roles, to reflect on and deepen their work.

Cheryl Taylor

Grad. Dip. Counselling Supervision, Master of Counselling & Human Services, Dip. of Family Therapy, Grad. Dip. Christian Counselling, Cert. IV in Counselling Supervision, Cert in Sandplay Therapy, Cert. in Expressive Therapies, Cert. IV in Training & Assessment, Dip. of Teaching.

Jo Ablett

Master of Counselling, B. of Education, Dip. of Education, Grad. Dip. in Counselling Supervision, Cert. IV Counselling Supervision, Dip. & Adv. Dip. in Expressive Therapies, Cert. in Sandplay Therapy, Cert. in Expressive Therapies.



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