



Super Vision for Supervisors

Supervisor Training and PD

For team leaders, lecturers, managers and supervisors of counsellors, psychotherapists & case managers

Workshop 4: Compassion & Self-compassion

**Delivered Online and
Face to face**

Face to face training conducted
at Kindred Art Space Frankston,
Victoria



Please visit our website:
Supervisortraining-pd.com.au
for the latest information on
dates and delivery mode

Drawing on the works of Tim Desmond and P. Gilbert, we consider the following:

Understanding Compassion and Self-compassion

- 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

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