

# Super Vision for Supervisors



## COMPASSION & SELF-COMPASSION IN SUPERVISION

For counselling and psychotherapy supervisors,  
team leaders and managers.

**VENUE:** Labyrinth Lane, 110 Gardenvale Rd., GARDENVALE 3185  
(Close to public transport)  
**DATE:** 27 October 2017  
**TIME:** 9.30am to 3.30pm  
**CLAIM:** 5 hours - 10 OPD points  
**FEE:** \$250

### Workshop Overview:

“Compassion and self-compassion lie at the very heart of well-being. For those in the helping professions, and for psychotherapists in particular, the expression of compassion and self-compassion is likely a critical constituent of being effective therapist.” (*Davidson, 2016*)

What are the implications for supervisors, their supervisees Exploring self-compassion for supervisors – is there a place for compassion within supervisory roles and responsibilities?

- Is there a place for compassion within supervisory roles and responsibilities?
- Can the practice of compassion and self-compassion change how we supervise?
- Self-compassion for supervisors
- Compassion for supervisees
- The different functions of compassion and empathy

Desmond, T. (2016) *Self-Compassion in Psychotherapy. Mindfulness-Based Practices for Healing and Transformation.* Norton US.

**Your presenters:** Jo Ablett and Cheryl Taylor have a solid foundation of supervisory training and experience gained over more than a decade of practice as Supervisors. They are committed to supporting other Counsellors and Therapists in their journeys as Supervisors and to providing a safe space for Supervisors, Team Leaders, and those in supervisory roles, to reflect on and deepen their work.

To book your place in this workshop, contact:  
Jo on 0417 078 792 or [ablett@waterfront.net](mailto:ablett@waterfront.net) OR  
Cheryl on 0421 281 050 or [cheryl@kunaurracounselling.com](mailto:cheryl@kunaurracounselling.com)