

BABCP DEVON & CORNWALL BRANCH

Compassionate Supervision

Presented by Tobyn Bell

Date: Friday 25th January 2019

Times: 9.30am to 4.30pm (Registration from 9.00am)

Venue: Buckfast Abbey Conference Centre, Northwood Lane, Buckfast, Devon, TQ11 0EG

About the workshop

Compassion-focused therapy (CFT) is a multi-modal psychotherapy, associated with cognitive-behavioral therapy, with an emergent evidence-base in the treatment of problematic shame and self-criticism. CFT involves the development of inter-personal and intra-personal compassion as a means to engage with and regulate threat-based experiences and emotions, and to increase wellbeing.

This workshop will involve applying the principles and practices of compassion-focused therapy to the process of psychotherapy supervision. The potential benefits for bringing compassion to supervision will be explored in terms of the current evidence base for self-compassion. Benefits of self-compassion include: increased acknowledgement of one's own role in negative events without being overwhelmed by emotion; increased self-evaluative accuracy; improved empathic accuracy and self-reflection; and the reduction of self-criticism, anxiety and depression.

Attendees of the workshop will have the opportunity to practice core exercises of CFT adapted to the context of supervision. This will include formulating the common threats and fears that supervisees and supervisors experience and the protective strategies that can inhibit effective supervision (such as shame). Attendees will practice experiential exercises designed to cultivate compassion and relational safeness in the supervisory relationship. One of the exercises involves the development of an 'internal compassionate supervisor'; this imaginal exercise has been recently researched in psychotherapy trainees and was found to increase trainees' experience and practice of compassion, reduce unhelpful cognitive processes and self-criticism, and increase self-reflection and approach behavior.

The workshop will also focus on increasing attendees' self-reflection on their practice as a whole, introducing exercises that can be used to support clinician self-care and compassion.

Key learning objectives:

- To understand the core-principles of compassion-focused therapy and to apply these to the interpersonal process of supervision
- To formulate the common threats for both supervisee and supervisor
- To apply compassion to your clinical and supervisory practice (utilizing experiential exercises)
- To develop your own 'Internal Compassionate Supervisor' to support your clinical practice

Registration Information

BABCP Member: £75 Non Member: £95

All BABCP events are VAT free.

Lunch and refreshments at breaks will be provided.

A CPD certificate for 6 hours will be issued.

Closing date for registrations is Friday 18th January 2019