

Form and Freedom:

person-centred supervision training

April - October 2025

Facilitated by:

Tonia Mihill & Cat Burton

Designed at post-qualification certificate level, this training course offers you a supportive environment in which to develop the skills, knowledge, and confidence necessary to build or refresh a supervisory practice with emphases on growth, inclusion, collaborative working and ethical awareness.



sculpture by: Amina Ighra

Course ethos and intention:

At the heart of this endeavour are the attitudes central to the person-centred approach; the process of an empathic accompaniment, the courage and self awareness needed for congruence in the relationship, and the transcending quality of acceptance or unconditional positive regard.

With these conditions as our focus, we will invite collaborative learning and development alongside the intention for mutuality and non-oppressive practice. With an emphasis on creative exploration, the course offers the freedom to develop our potential as supervisors, within the structure and form provided by ethics and good practice.

Whilst it will have a clear person-centred ethos, we feel strongly that it doesn't exclude our colleagues from other modalities.

We welcome applicants who identify within diverse/minority groups and are happy to discuss any concerns or specific needs you may have, prior to the course.

Course outcomes:

Each individual will have a clear idea of their own rationale for their supervision practice, with the skills and confidence gained from the integration of theory, reflection and practical skills. Participants will develop an understanding of the complex relationships within supervision, including the role of self, supervisor, supervisee, client and context, both organisational and societal. We will have considered the importance and relevance of areas such as ethical and inclusive practice, person-centred theory and how it applies to supervision and the process of setting up your supervision practice.

Course Structure:

The course consists of 62 contact hours and will take place over 5 weekends (Saturday and Sunday) from 9 30am-4 30pm each day with the first course weekend starting on the Friday evening (6 30pm - 8 30pm). Course weekends will include some unstructured community group time, experiential learning, theory and discussion. We will also offer supervision skills practice and group supervision each course weekend.

Participants organise themselves into study groups to support each other in between course weekends, meeting up in person or remotely, as needed. These groups will not be monitored, rather they are creative spaces for each group and the members within to design and engage in as they feel appropriate.

In addition, following completion of the course, we will offer you two 2-hour zoom supervision clinics on Saturday mornings (dates to be agreed between participants and facilitators). They are designed to offer you extra support post-course. No supplementary fee is charged for these clinics and your attendance is entirely voluntary.

Our aim is to be as paper free as possible. All course related documents will be shared or accessed online in order to reflect our commitment to environmental sustainability.

Course content:

Weekend One:

- Introductory presentations
- Hopes and expectations of self and course
- Identifying personal and professional resources
- Person-centred and supervision theory
- Contracting

Weekend Two:

- Ethics
- Diversity, equality and non-oppressive practice

Weekend Three:

- Edges-identifying and working at our edges
- Supervision in the wider social context
- Self Care

Weekend Four:

- Creative expression in supervision
- Supervision as a spiritual endeavour
- Development of rationale/self-assessment/peer feedback

Weekend Five:

- Presentation of rationale/self-assessment
- Revision and areas for further development

This is a suggested outline of areas that we believe need to be covered, however, we aim to offer space and opportunity to respond to the group's needs.

Assessment:

- A combination of self, peer and facilitator input and feedback.
- Case study (3,000 words)
- Rationale/self-assessment (2,000 words)
- Practice log (to include a minimum of 12 practice hours across a minimum of 2 supervisees)

We will also invite an initial, non-assessed, piece of reflection to be shared with the group on the first weekend, focusing on your understanding and experience of supervision.

Entry requirements and application:

The course is open to currently practicing counsellors who have a minimum of two years post-diploma counselling practice with at least 450 supervised counselling hours. **Applicants are also required to be working with or are ready to begin work with a minimum of two supervisees.**

Course Dates:

25th-27th April 2025

7th-8th June 2025

12th-13th July 2025

6th-7th September 2025

25th-26th October 2025

Venue:

MAP (Mancroft Advice Project)
Heath House
5 Woolgate Court
Norwich
NR2 4AP

Course Fees:

Total: £1,250

A deposit of £250 is payable on acceptance of your place. The balance (£1,000) is payable by day-end on **Friday 28th March 2025.**

We have a commitment to promoting inclusion of disadvantaged groups who may be under-represented in the counselling and supervision training profession. We will, therefore, be offering one place on the course at a 50% discount. If you have any questions about eligibility or wish to apply for the available bursary, please email us and share what you feel is important for us to know.

Cancellation Policy:

A full refund of your deposit will be made if you cancel by **Friday 28th March 2025**. If we cancel the course, all monies will be returned.

Course Numbers:

Maximum **16** participants and Minimum **10** participants

In person-centred tradition, applications will be considered in the order in which we receive them. Please find the application form included. **The application closing date is March 14th 2025**. If more applications are received than there are places available, then we can offer the opportunity to go on a reserve list.

Interested?

To Apply:

Please fill in the attached application form and send directly by email to Cat, as below. Do not hesitate to contact us if you would like any further information:

Cat Burton, MBACP (Accred)

I am a person-centred practitioner working as a therapist, supervisor and trainer in Norwich since qualifying in 2006. As a queer identifying person, my practice has a clear GSRD and neurodiverse focus. I am passionate about the potential of the person-centred approach in supporting and enriching diverse and creative relationship with self, environment, colleagues, clients and more broadly within society and communities. A central focus for me is a commitment to non-oppressive practice in both my work and more generally within the profession, in service to creating real change, equality and accessibility for clients and counsellors alike.

cathyburton1@outlook.com

Tel: 07811 490754

Tonia Mihill, MBACP (Accred)

I work as Head of Therapeutic Services at MAP, a Youth Charity (www.map.uk.net). I qualified as a person-centred counsellor in 2007 and have completed Supervision training with Joan Wilmot and Robin Shohet through the Centre for Supervision and Team Development (<https://www.cstdlondon.co.uk/>).

I am a member of the Black, African and Asian Therapists Network (BAATN) with whom I have been a mentor since 2016. I situate my counselling practice in the context of a lifelong, active commitment to personal and community development and global justice and equality.

toniamihill@hotmail.com

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