

CITP Certificate in Supervision

Supervision Training Course - Overview

Introduction

The Christchurch Institute for Training in Psychodrama (CITP) is developing a Certificate in Supervision and offers a training course in Supervision covering the principles of supervision that apply in all professions. CITP course aims to provide comprehensive development of theory and practice. The certificate will mark a practitioner as an adequate supervisor in their profession. The course is based on a curriculum developed by trainers in the CITP and will consist of experiential workshops, writing assignments and supervision of supervision.

The course is open to people who are qualified and who have practiced for more than one year in a field where supervision or group supervision is applicable.

This course draws on the supervision training that has been developed by Mike Consedine, Paul Baakman and Walter Logeman over many years. Certification for the course was approved by the Management committee early 2009, note that the structure of the course and the certification requirements are still under review, and may change as the course is more fully developed. The basic requirements are outlined in this document, more details will be provided to training supervisors. This year, 2009, is the first year first year there is certification for this course, and the program is in its pilot stage.

What is Psychodrama

Psychodrama will be used as a training method, and participants can expect to learn about Psychodrama and how to apply some psychodramatic approaches and skills in their work. However this is not a Psychodrama training course.

Psychodrama is the name given by J.L. Moreno to the method he developed for helping people become more creative in day to day living. It has applications in many different areas in which people are learning, changing and relating to others, in training, education, healing, spiritual life, business, performing arts and in organisations. Learning can be applied directly in actual living situations at work, in other organizations and in close relationships.

Application to Specific Professions & Modalities

Supervision can draw on a wide body of knowledge and can be purposefully and contractually tailored to suit all psychotherapy modalities, relationship psychotherapy, teaching, writing, mentoring, organisational and business development. The training will have scope for supervisors to learn how to apply supervision in their specific professional context.

Aim

The course aims for the supervisors to develop:

1. knowledge about supervision
2. ethical and effective supervision practice
3. a sense of identity as a supervisor in their profession
4. spontaneity and authority as a supervisor

Four Main Areas of Learning

1. **Theory:** Models, History and Principals of Supervision
2. **The Frame:** Goals, Purpose, Contract, Confidentiality
3. **Social Context:** relationships between parties involved (Clinical rhombus), cultural considerations.
4. **Relationship:** Engagement, Interactive Dynamics, Interventions, Evaluation

Training

The course takes the form of self-directed learning. Staff from the CITP will be available for assistance in developing a training plan. All four main “Areas of Learning” will need to be covered adequately by a training supervisor to complete the training. The topics will be covered in workshops and in addition can be covered as part of a training supervision.

It is envisaged that three two-day workshops will be offered each year, and that for people practicing supervision the course can be completed in one year.

The training will include:

- Experiential Workshops
- Training Supervision
- Writing

The theory and practice are often learned together, in supervision and in experiential workshops. Not all topics will be covered in any one workshop. Writing will include theory and case study material.

Experiential Workshops

Two-day block courses will be offered. Workshops can be Multi Level, or aimed at new or advanced training Supervisors.

These two days will cover:

- Principles of Supervision

- Experiential exploration of supervision practice
- Discussion and reflection.

Training Supervision

Supervisors in training will be required to have supervised supervision practice.

Writing

There will be writing assignments for each topic leading up to two formal papers required for certification. One paper will be a case study of supervision work. The other a paper that relates the principles of supervision to the supervisors specific work context.

Enrolment Criteria & Assessment

Enrolment Criteria

- Qualified Practitioner for more than one year in a field where you can practice supervision or group supervision.

Assessment: Certificate in Supervision - issued by the CITP

1. Have regular supervision that includes supervision on your work with one or more supervisees. Contract to be approved by CITP.
2. A letter from the supervisor of your supervision stating they are satisfied with your fulfillment of the supervision contract, and that you are capable of ethical, effective and culturally appropriate supervision.
3. Have an adequate attainment in each of the four areas of learning focus covered in the course. (*Your learning to be described in a Supervision Practice paper, endorsed by the trainer or training Supervisor.*)
4. Have completed the short assignments for each topic.
5. Have to the satisfaction of the CITP completed a Case Study.

For more information:

Dates of workshops, information about trainers and the enrolment form is available from the CITP website. <http://psychodrama.org.nz/institutes/citp>

Please contact:

Walter Logeman walter@psybernet.co.nz 03 377 1206

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