

More about my coaching, facilitating and supervising

4 to 8 week intensive training sessions in writing a self-reflective journal

Writing a self-reflective journal ought to be straightforward, but after a while it can get boring or demoralising because it's full of self-criticism. I can give you lots of suggestions about how to make it more interesting, supportive and productive. This is a unique opportunity for you to improve your skills of self-reflection. You will learn quickly and effectively through your experience of writing a reflective journal every week and receiving feedback from me.

- You write about an issue – something you have observed, read or experienced.
- You investigate it as much as you can.
- You send it to me by e-mail on your pre-set journal day.
- You get feedback from me and suggestions about how to investigate further.
- You try these out and report back in the following week's journal.

4 weeks - £160

8 weeks - £240

Practitioner supervision over the internet

All practitioners need a lot of support and even more so if you are working in an alternative therapy. It is a great relief to have someone who can help you review your practice on a regular basis. We will use new and insightful ways to get you thinking. You might consider practice management issues like:

- Building up your practice and advertising.
- Patients who want to contact you at all hours by e-mail, voicemail, text and so on.
- Patients who don't return or don't commit to the process.
- Trying to please everyone and having no time to yourself.
- Timekeeping and charging appropriate fees.
- Recognising the good work you have done.

One hour Skype session once a month - £50

Face to face practitioner supervision

I live in North London, so if you are local, you can come to see me for practitioner supervision. We will use a whole variety of supervision techniques to help you understand yourself, your patients and your work.

- Casework (be prepared to present each case as briefly as possible to ensure maximum time to work on the case)
- Practice management issues, such as timekeeping, booking patients in for follow-ups, advertising, keeping boundaries, patients who cancel, getting time off for yourself.

One hour face-to-face supervision - £50

Group supervision

The advantages of working in a group are that you can bring your own issues, listen to other people's issues and gradually learn the skills of supervision for yourself. My role is facilitator, providing structure to the session, encouraging everyone to self-reflect and introducing a variety of different techniques to promote this. The group experience is very supportive; you are not alone.

- We begin with everyone describing their issue in one or two sentences so that we can all get a feel for what will be discussed during the session.
- We allocate timeslots and consider how everyone would like to work.
- Supervision can be done through discussion or creativity using different techniques.
- Feedback can be from the whole group, from one group member supervising another, or from me.

Two hour session with four people in the group - £25 each
(You pay even if you cannot come to ensure the group's viability)