



Certificate in Supervising Counsellors & Psychotherapists: A Relational Approach

Course Overview:

Designed to introduce experienced and practicing counsellors and psychotherapists to training in supervision, you will learn how to develop & maintain a supervisory relationship. The training is applicable in a diverse range of contexts & supervisory relationships. The course will provide knowledge of various humanistic and integrative approaches & models of supervision, drawing on relevant literature and research findings. The course will offer a space to practice the integration of theoretical concepts, supported by your own ethical base, and growing self-awareness.

Structured over 3 modules, it focuses on the tasks and processes of supervision at each stage of the relationship, e.g. beginnings (Module 1), middles (Module 2) and endings (Module 3), considered through the lens of models of supervision, specifically, 'The Cyclical Model' (Page and Wosket, 2014) and 'The 7 eyed Model' (Hawkins and Shohet, 2012). Participants will integrate this learning with their own approach, ethical framework and knowledge base.

Learning will be supported by engagement in skills practice groups (on training days) and peer supervision groups (meeting between training days). There is an expectation that participants will begin to practice supervision following the first pair of training days. As such, it is important that you will have identified 2 potential supervisees and a supervisor for your practice, prior to the start of module 1. As you make your way through the modules you will be integrating the learning from training days with your developing practice experience. You will be drawing richly from the experiences of one another as well as exploring your own experience in 1-1 and peer supervision. In doing so, you will discover how applicable your practice is to working in various contexts, including working online or with groups

Please consider that as well as attendance on all training days, there is the additional time commitment for your supervision practice (16 hours min), peer group supervision (9 hours min), and supervision for supervision practice (4 hours min). The course also provides an option for you to include the practice of group supervision in your learning, beginning in Module 2. This option includes the additional time requirement needed for your group (8 hours min).

The certificate (*fully validated by COSCA*) will be awarded following completion of coursework, practice hours, and attending each of the training days.

Module 1: Beginnings

Sessions: 02/10/26 (on-campus 09.30-15.30); 03/10/26 (online 09.30-12.30); 06/11/26 (on-campus 09.30-15.30); 07/11/26 (online 09.30-12.30)

Designed to support you to begin a supervisory relationship that can be developed and maintained, it will include understanding the role of supervisor and supervisee, along with contracting to provide a framework for the relationship to begin, be held, and to end well. You will learn how to do this through establishing clear boundaries & exploring expectations, centring the needs of the supervisee. You will also experience working with the opportunities and challenges our differences bring, responding with curiosity and respect to the particular identity, preferences and needs of a supervisee, while valuing your own.

Module 2: Middles

Sessions: 05/02/27 (on-campus 09.30-15.30); 06/02/27 (online 09.30-12.30); 05/03/27 (on-campus 09.30-15.30); 06/03/27 (online 09.30-12.30)

You will explore how to make use of self in a generous and creative manner while enabling the supervisee to use supervision for their own exploration and discovery. You will consider emerging challenges in the relationship, e.g. over/under involvement and rupture/repair, as well as adaptations for supervision online and in groups. You will explore the impact of relational dynamics in supervisory relationships and ways of deepening your practice through working creatively and responsively.

Module 3: Endings

Sessions: 07/05/27 (on-campus 09.30-15.30); 08/05/27 (online 09.30-12.30); 11/06/27 (on-campus 09.30-15.30)

You will consider processes around review and evaluation and how to work together to end well, in relation to ending individual sessions as well as the wider supervision process. You will explore approaches for noticing and responding to your own emerging needs as a supervisor as well as those of the supervisee.

Additional Information

The following are **essential entry requirements and supporting documentation must be provided** prior to being accepted onto the course:

- Applicants will be qualified counsellors/psychotherapists (at diploma level min) for a minimum of two years
- Applicants will be currently practicing as counsellors/psychotherapists, having accrued 300 hours (min) of client work with a range of people.
- Applicants will provide a letter of support from their current supervisor specifying they hold the experience detailed above and with the supervisor stating they agree on the applicant's readiness to become a supervisor and to their suitability for the course at this time.

Please **forward supporting documentation within 5 days of registering** to rachel.mcilree@strath.ac.uk In the unlikely situation where someone then cannot provide the essential supporting documentation, then the course fee, **less £50 administration fee**, will be refunded.

If you are unsure about meeting any aspect of the criteria above please contact rachel.mcilree@strath.ac.uk prior to registering to discuss.

The following are **essential requirements for course progression**:

- Applicants will identify 2 people they can work with for the duration of the course for their 1-1 supervision practice prior to the start of the course. (NOTE: this will be additional supervision for your supervisees and would not replace their existing arrangements).
- Applicants who would like to include a practice component of group supervision, will be able to organise their group in time to begin group supervision in Module 2. (NOTE: *group supervision practice is an optional component of the course.*)
- Applicants will be able to resource additional supervision for their supervision practice for the duration of the course. This must be with an experienced supervisor, registered with COSCA/BACP or equivalent. If the participant chooses to include the group supervision component, we ask that the supervisor has some experience of working with groups (ideally, but not necessarily in a supervisory capacity).
- Applicants will commit to attending all on campus and online training days.
- Applicants will engage in required course activities between training days, including participating in peer supervision groups, their supervision practice and supervision of supervision.
- Applicants will accept that proceeding from module 1 to module 2, and module 2 to module 3, requires completion of the preceding modules training days, written assessment and practice tasks.

Click here to register through our colleagues in the [Centre of Lifelong Learning](https://mycll.strath.ac.uk/View-Class/rdid/72/cr/5304)
(<https://mycll.strath.ac.uk/View-Class/rdid/72/cr/5304>)

Registration and Payment

The full course fee is £1,300 (**discounted to £1,150 for registrations made up to 31/07/26**) and payable in 2 instalments: Full fee: £600 + £700; Early Bird: £450 + £700. The first instalment is payable on registration and the second January 31st, 2027.

Meet The Trainers: Rachel and Birgit

Rachel: *My name is Rachel and I have been a counsellor for over 20 years and a supervisor for almost 15 years. In recent years I have been based in the Counselling Unit at the University of Strathclyde, returning to where I had once been a student myself, although in those days of course it was the Jordonhill campus. I now enjoy being part of the team of tutors on our MSc and CPD courses here at Strathclyde. Since qualifying as a counsellor, I have been lucky to work with many fascinating people in a wide range of services - as a counsellor, a supervisor and as a trainer. Initially trained in the Person-centred Approach this continues to be the theoretical base for how I practice and how I make sense of myself, others and the world. I am also a qualified Cognitive Behavioural Therapist and until recently have been involved in delivering CBT training too, developing a special interest in respectful discourse among therapeutic modalities, learning from one another as well as noticing and valuing important and significant differences. I think this outlook has grown out of my experiences in an earlier field of study which was Theology. This established an enduring curiosity as to how we might better relate to differences we meet in one another and within ourselves, whether these encounters are welcome, wonderful, baffling or particularly difficult. I am appreciative of all the folks and communities who have contributed to my own experiences in this along the way, for their generosity with their own experiences! Now working primarily with students and supervisee's, I am continually moved by how often the extraordinary is to be found in the ordinary and how 20 years on in this world of counselling and psychotherapy, I can still anticipate surprise and the unexpected.*

Birgit: *Birgit trained as a Person-Centred Counsellor in 2012 and qualified as a supervisor in 2016. She has supervised both individuals and groups. In 2021, she completed the COSCA trainer qualification for the Supervision certificate and has been teaching on the Supervision training course at the Tom Allan Centre since then. She loves the playful aspect of supervision, being able to experiment, and is drawn both to Hawkins Shohet's 7 eyed model (for covering all that is going on in the room) and to Proctor's three function model, to help her check what she is offering to her supervisees.*

NOTE: If you have any enquiries regarding the course please contact:
rachel.mcilree@strath.ac.uk and b.schroeter@strath.ac.uk

