



Bringing your best to supervision.

A practical workshop for Supervisors and Supervisees focusing upon effective approaches and optimal supervision outcomes.

This workshop explores how both supervisors and supervisees provide input towards key processes in supervision. The topics addressed in this workshop are: silence in supervision, triggers in supervision, self-reflection in supervision and preparation for supervision.

Additionally, knowing how to enquire without asking questions in session is a necessary tool for both supervisors & supervisees. Participants will be invited to reflect, practice & challenge their supervisory practices and participation through individual and group exercises, case studies and discussion.

Self-reflection and practice sessions will take you on a journey of self-discovery regarding who you are and the roles you enact in supervision.

Learning objectives of this workshop:

1. Recognise the need for and engage with silence in supervision.
2. Identify and manage emotional triggers in supervision.
3. Allow for self-reflection in supervision.
4. Preparing well for supervision.
5. Apply questioning techniques without actually asking questions.



Dr Elizabeth Anne Riley is a Sydney-based counsellor and clinical supervisor specialising in gender identity. Elizabeth has a Bachelor's Degree in Science, a Graduate Diploma and Masters, in Counselling and a PhD titled 'The needs of gender variant children and their parents'. Elizabeth provides gender specific support and counselling for children, youth & their parents.

Elizabeth delivers professional development in gender diversity for schools, clinicians and other service providers and has many publications in the area of gender identity with another three book chapters in press. She has published and presented papers and workshops, both locally and internationally, in the areas of Gender Identity, Sexuality, Ethics & Supervision.

Elizabeth is a media spokesperson on behalf of the transgender community and appears regularly in the media. Appearances include SBS World News, 60 Minutes, Insight, The Project, A Current Affair & Heads Up. Elizabeth is a Clinical registrant of Psychotherapy and Counselling Federation of Australia (PACFA), and a professional clinical member of the Australian and World Professional Associations for Transgender Health (ANZPATH & WPATH). Elizabeth was the Ethics Chair for PACFA from 2013 – 2016.

This training may qualify for Focussed **Psychological Strategies (FPS) CPD**. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



ACA: Members can accrue 12 CPD points.

AASW: Members can accrue 6 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 6 active hours.



ACWA: Members can accrue 6 CPD hours.

PACFA: Members can accrue 6 CPD hours.

Morning Session

Preparing well for Supervision.

Supervisors and Supervisees making time and space for engaging with silence and reflection within the session.

Discussion.

Afternoon Session

Managing and making good use of emotional triggers in supervision sessions (when is it about me?).

Effective enquiry without asking questions.

Discussion

Evaluation and closing

“Learn how to work effectively when clients express their needs regarding diversity in gender identity and/or expression.”

Dr Elizabeth Anne Riley

How will you benefit from attending this training?

Supervisees:

- Enhance awareness of your supervision needs.
- Understand your emotional processes within your supervision.
- Develop tools to address your needs as a supervisee.

Supervisors:

- Enhance awareness of your supervisee needs.
- Manage your own emotional processes in supervision as well as holding the space for your supervisee.
- Engage actively and provide interventions that meet the needs of your supervisee.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Social Workers, Mental Health Nurses and Psychiatrists.

Feedback from Elizabeth’s most recent presentation of this training:

“Engaging presentation. Liked focus on supervisee-centered approach and process oriented focus. Dealing with silences in supervision most useful.”

“Thank you for this insightful workshop. I feel I have more skills and tools to add to my practice framework.”

“Very engaging training. Elizabeth created a safe place in which I could explore my practice and discover aspects of my work that were previously beyond view.”

“Excellent information and well-paced presentation.”

“Very comprehensive learning. Thank you.”

“Good day for rejuvenating and advancing professional practice.”

“It proved to be a wonderfully experiential, practicing, growing day.”

“Great workshop Elizabeth. Thanks.”

“Excellent mix of talking and activities. Kept the day alive, made the material applicable and opportunity to share with colleagues. Love a well-run experiential interactive workshop! Plenty of processing time and excellent time keeping.”

“A wonderfully relevant day and a helpful session that clarified the supervisory process – thank you.”

“Great, engaging presenter. Very knowledgeable and generous with resources.”

“Really helpful to current situation. Very eye opening and enjoyable to listen to. Thankful for all the help received from everyone.”

“Very helpful. Lots of reading to take back and share knowledge with colleague. Thank you Dr Riley.”

“Dr Riley was very helpful! Brainstorming solutions to issues, assisting with our practices.”