

Advanced Supervisors' Workshops 2022

Organised by the Sheffield, Leeds and Hull DClin Psy Programmes

For Supervisors across the Yorkshire and Humber Region

The Sheffield, Leeds and Hull Clinical Psychology training programmes have planned a series of advanced supervisor workshops in 2022 and are delighted to announce this year's training events. There are two aims for these events. First, to support our supervisors in providing high quality placements for clinical psychology trainees, and second, to provide learning opportunities which focus upon the development of all aspects of supervisory skills and frameworks at a time of significant and demanding organisational change upon clinical services and clinical psychology roles.

All ASW training events are **free to all our supervisors of clinical psychology trainees**. Places will be allocated on a **first come, first served basis**. **Don't miss out**. These events have always been very popular with supervisors across the region.

Workshop One

Using Supervision to support therapists to adapt their work for diverse communities and to support minority therapists

**Monday 24th January 2022
9.30 – 4.30 via Zoom**

Although therapists can benefit from one-off training events to help them develop skills in working across cultures these skills benefit considerably from the support of ongoing supervision. This one day workshop uses the core skills and frameworks that supervisors will already have and provides them with the opportunity to look at how these can be adapted to support cross cultural work. The workshop acknowledges that supervisees may be at different stages in terms of developing skills and their interest in working using these principles but helps supervisors understand where a supervisee is in their development and provide a supportive working relationship to aid the growth of these skills. The workshop also looks at the specific support needs that BAME and other minority supervisees might have and how supervisors can best support them.

Learning outcomes are:

Using supervision contracts to establish the way that this work can progress

Adapting key supervisory skills and approaches to cross cultural working

Understanding and working with supervisee reluctance to engage with these ideas

Understanding how to best support BAME supervisees

This workshop would suit supervisors at all levels of expertise

Key reading:

The IAPT BAME Positive Practice Guide. Beck et al (2019). BABCP / NHSE

(<https://legacy.babcp.com/files/About/BAME/IAPT-BAME-PPG-2019.pdf>)

Transcultural CBT for anxiety and depression. Beck, A (2016). Chapter 10 on Supervision. Routledge.

Beck, A. (2019). Understanding Black and Minority Ethnic service user's experience of racism as part of the assessment, formulation and treatment of mental health problems in cognitive behaviour therapy. *The Cognitive Behaviour Therapist*, 12, E8.

Register your interest at meddclin@leeds.ac.uk. As many of you as possible are welcome to attend.

Workshop Two

An experiential workshop to boost your CBT supervision skills

Monday 7th February 2022 9.30 – 4.30 via Zoom

This one day workshop is designed for any supervisor offering supervision to therapists practicing CBT either wholly or partly as part of their practice. It is a hands on day where key supervisory skills are briefly introduced, demonstrated and practiced in order for supervisors to get hands on experience of going around the Kolb learning cycle (Plan – Do – Observe – Reflect and Plan for how you would do it next time). The day uses the key principles of CBT as a framework for developing a supervisory approach that is genuinely collaborative, engaging and which focusses on supporting supervisees to develop key skills.

Learning outcomes are:

Developing a collaborative approach to supervision using agendas and goals

Identifying skills to be developed

Socratic approaches to case formulation and treatment planning

Using active supervision techniques to enhance engagement

Observation as a key part of skill development

Key reading:

Corrie, Sarah, and David A. Lane. *CBT supervision*. Sage, 2015.

Milne, D. L., Reiser, R. P., Cliffe, T., & Raine, R. (2011). SAGE: preliminary evaluation of an instrument for observing competence in CBT supervision. *The Cognitive Behaviour Therapist*, 4(4), 123-138.

Kelly, N., & Hassett, A. (2021). Clinical supervision in CBT training: what do participants view as effective?. *the Cognitive Behaviour Therapist*, 14.

Biographical details of the workshop facilitator: Dr Andrew Beck

Andrew has been a Consultant Clinical psychologist since 2006 and as a service lead and supervisor has focussed on developing staff to ensure they provide high quality patient care and remain in good emotional and physical health while they do so. He was project lead for the IAPT BAME Positive Practice Guide (2019) which has been the key document guiding IAPT services in England to provide more accessible and culturally responsive services and author of *Transcultural CBT for Anxiety and Depression* (Routledge 2016). Andrew is the current President of the BABCP and is involved in training in culturally adapted therapies at a national and international level and led on establishing India's first stand-alone CBT training course in Chennai. He has published widely and is also Associate Editor of the *Cognitive Behaviour Therapist* journal with a responsibility for research on cross cultural therapy. He is the Head of Clinical Health Psychology in Bradford.

Register your interest at meddclin@leeds.ac.uk. As many of you as possible are welcome to attend.

Workshop Three

Compassion Focussed Approaches to Supervision and staff support

Friday, 27th May 2022, 9.30-4.30 via Zoom or in person (TBC)

Introduction

It is understood that staff stress and illness can compromise the effectiveness of teams and within organisations. Teams that are operating in conditions of threat can lead of staff having lower levels of compassion to self and others (Henshall et al 2015). Whereas there is growing evidence to show that explicit development and practice of compassion can provide a useful way of helping staff to manage their own distress, be less reactive to social threats and reduce experience of self-criticism ,

anxiety and depression (Allen & Leary, 2010; Arch et al, 2010; Breines et al, 2015; Gilbert, 2005; Lucre & Taylor, 2020; Neff et al, 2007).

It is already becoming clear that there will be an immeasurable human impact of this global pandemic on health care workers, service providers and on us all. Compassion and Compassion Focused Approaches have a uniquely helpful and hopeful offering in this context of understanding our shared common humanity and propensity for threat focused emotional processing and the understandable survival strategies which emerge in this context. As we are encouraged to keep a social distance from others, CFA offers an alternative way of formulating this as 'safe relating' which encourages us to consider how we remain connected to others in conditions of safeness (Gilbert, 2020).

In light of this need for a human response, services are already preparing immediate and medium-term trauma informed approaches. Many clinicians are being asked to offer reflective practice and general support to staff in the hope of ameliorating the inevitable trauma, burn out and vicarious trauma.

These responses will inevitably be offered remotely, either by phone or using online formats.

This online training offers an introduction to Compassion Focused Staff Support (CFSS) with a combination of webinar based experiential learning, experiential CFSS groups to support clinicians who wish to either incorporate these into their current practice and / or to use this model to provide a supervisory framework for others.

Due to the overwhelming interest in this training when it was delivered last year, this day is a repeat of that training, to allow those that were unable to attend an opportunity to hear her speak.

The key elements of this training are:

- develop understanding of and practice in self-compassion.
- to explore, understand and bring compassion to the personal impact of their work.
- To learn how, by understanding our own minds (i.e. our emotions, behaviours, thinking styles), we may be better placed to offer compassionate, supportive care to others in need.
- To utilise the CFSS model to deepen understanding and relevance of compassion to the process of supervision and reflection.
- To use this model to support the supervision of others.

This will include practical resources and ideas for establishing this framework within clinical and supervisory practice and working with the blocks to compassion in these settings. This initiative will be utilising theory and practice from Compassion Focused Therapy (CFT; Gilbert, 2009).

Kate Lucre is a Birmingham based Compassion Focused Therapist and Supervisor specialising in the use of CFT for complex trauma, personality and relational difficulties for groups and individual. She is the regional supervision coordinator for the Compassionate Mind Foundation and also runs workshops for the Foundation and across the UK on CFT for Groups and Compassion Focused Staff Support and Supervision. Kate offers CFT supervision in groups and individually, including a monthly international Supervision Group for therapists involved in the provision of CFT groups. She has published data on Compassion Focused Group Psychotherapy and is currently completing a PhD in CFT at Birmingham University evaluating a 12 month CFGP programme for people with severe personality disorder. Kate is also involved in a number of UK wide research projects developing and evaluating Compassion Focused Staff Support Initiatives. You can see some of her past presentations at https://www.researchgate.net/profile/Katherine_Lucre2. You can see an interview with [Kate Lucre here](#).

Suggested Reading

Lucre K., Taylor J. (2020) *Compati | To Suffer with: Compassion Focused Staff Support as an Antidote to the Cost of Caring in Forensic Services*. In: Swaby H., Winder B., Lievesley R., Hocken K., Blagden N., Banyard P. (eds) *Sexual Crime and Trauma*. Sexual Crime. Palgrave Macmillan, Cham. https://doi.org/10.1007/978-3-030-49068-3_6n

Lucre, K., & Clapton, N. (n.d.). The Compassionate Kitbag: A creative and integrative approach to compassion-focused therapy. *Psychology and Psychotherapy: Theory, Research and Practice*, e12291.

To register for this event please contact: Anjula Gupta – a.gupta@hull.ac.uk