

# GROUP SUPERVISION: LET'S GET STARTED!

JO BIRCH



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Learning Together Online

## Resource Guide



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# About Jo Birch

MA Couns (Keele), PG Dip Couns (Keele)

I have been working as a supervisor for twenty years – providing supervision to counsellors and psychotherapists, coaches, mental health & specialist NHS practitioners, consultants, and managers.



My journey as a psychotherapist and executive coach has been, and continues to be, deeply fulfilling, stretching, scary, and fun! I see supervision as a glorious space in which to participate in a partnership with other professionals. A space in which we might each extend our knowing and being, celebrate and take care of ourselves, and hold high standards for our profession in order that we might better serve those who choose to work with us.

I deliver the Diploma in Coaching Supervision in London, Asia Pacific, and Africa; and am a Director of the Coaching Supervision Academy and International Centre for Reflective Practice. Add a little bit of body text

# Event Details

Have you been thinking of running a supervision group... and yet not quite sure? Or have you run several face-to-face groups and wondered how this would work if you went online?

I've been running supervision groups for many years, large and small, 'in person' and online; and have found them to be rich learning spaces, creating deep insights with a capacity to harness a wealth of collaborative support... and have the potential to fall apart at any moment, dissolve into disarray, and challenge any fictitious belief I might have of being able to 'control' process!

Any group has the potential to light up our old familiar patterns, throw us back into the first groups we knew, stimulate, usually unspoken, 'expectations' of self and others, knock us off centre into a place of distress... such a hotbed of activity before we have even arrived!

This conversation today is about the beginnings.

As supervisors, what can we put in place, how do we invite, contract, set the scene... and prepare ourselves... before we begin the group process and the work of supervision.



# Training



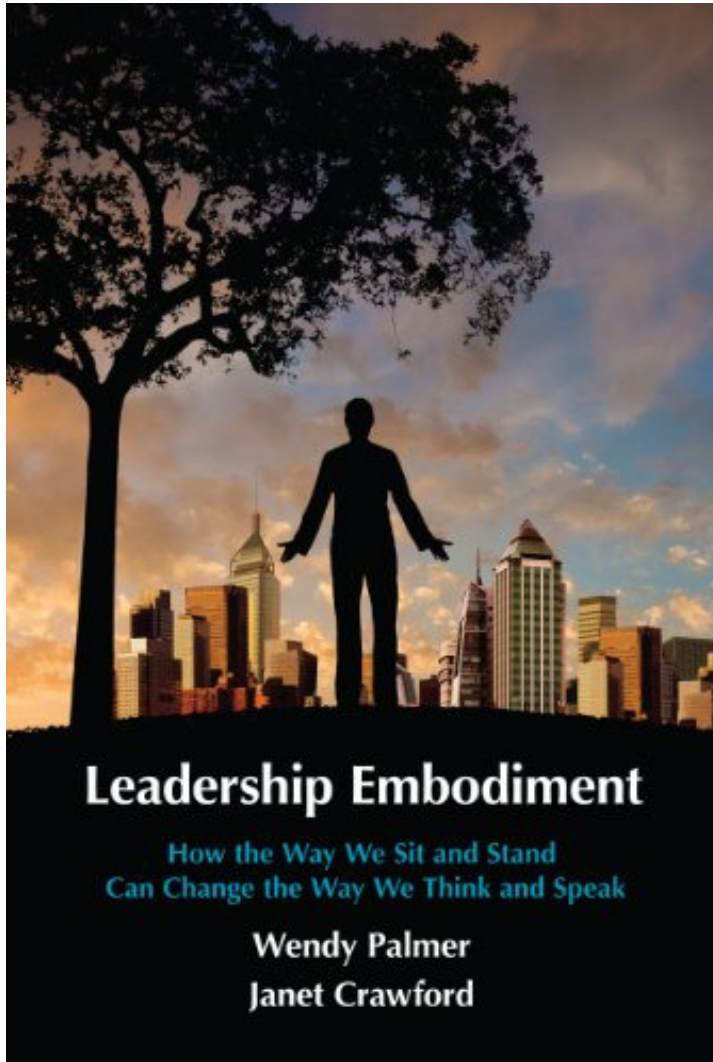
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