

Group Supervision Program - 4 part series

This 4-part series has been designed to support new and developing psychologists with some of the common occurrences that I have found can impact with the joy and quality of our work. These foundational sessions offer key insights into ourselves and our clients and have been designed to support us to avoid some common pitfalls that can be associated with our profession.



ONE: The Power of Observation: To Observe and Not Absorb! **Sympathy is a poison. Monday 23rd June 25 7 to 8 pm by Webinar**

One of the common mistakes we can make is getting too involved in our clients' stories and experiences - it is important we take a step back and not get absorbed into their life circumstances. Being able to stay observant is a great tool - for both you and your client.

It enables you to remain detached - this does not mean you do not care. Being able to detach means you will be able to do your job more effectively, more enjoyably and avoid burnout. It is important, you get to go home without taking any of the day with you 😊

Key Learning Points:

1. What does Observe and Not Absorb mean
2. What are the key benefits of observing and detaching
3. What occurs when we don't detach and instead absorb
4. How to develop our observational skills.
5. What happens when we become sympathetic

TWO: Avoiding the Need for Outcomes and taking on Expectations: **Monday 30th June 25 7 to 8 pm by Webinar**



Clients seek our consultation at different stages of change. Some are there because they really want to change, others because, for whatever reason, they have to be there. There is a broad spectrum of change, and it is important, for us as the practitioner and for the client, to recognise where our clients are at and how much change they are ready for. It is also important for us to recognise how our own beliefs, ideals and expectations can impact on our need for outcomes, which can inadvertently put unnecessary pressure onto our clients.

Key Learning Points:

1. How to deal with the pressures of getting results and achieve outcomes
2. How to recognise and accept where our clients are at
3. Understanding that apparent small steps can actually be huge steps
4. Assess our own needs and expectations
5. Assessing whether we are being impacted by regulatory expectations and pressures

THREE: Dealing With Resistant Or Recalcitrant Clients: Monday 7th July 25 7 to 8 pm by Webinar

We all have those clients, the one's we go "oh no" when we see their name on our list, or the one's where we feel at a loss to motivate engagement and change. During this session we will address and discuss how to support ourselves not to become frustrated or avoidant of such clients. We will explore skills and techniques that can support both you and your client through this process.

Key Learning Points:

1. What is your responsibility and what is not - taking on responsibility for their choices and emotions - understanding that if you are working harder than your client then you are working too hard
2. How to address any frustration or self-doubt towards your practice
3. How the use of appropriate psychoeducation can increase understanding, offer insight, unlock blocks to change and provide an avenue to build trust and rapport

FOUR: Creating Space for Clients - The Power of Curiosity:



Monday 21st July 25 7 to 8 pm by Webinar

Working as a psychologist, something I have noticed is we are not curious enough. Many of our conflicts and hurts could easily be avoided or overcome if we used the power of curiosity. Supporting ourselves and our clients to be more curious has many significant and valuable outcomes.

Most of us would have heard the saying "*curiosity killed the cat*"

This saying is often used to make us believe asking questions and being curious is a dangerous thing ... but the opposite is in fact true - curiosity has been linked to increased emotional and psychological well-being.

Key Learning Points:

1. Expanded understanding towards the benefits associated with curiosity - including increased intimacy and connections with others
2. What are some of the common blocks to curiosity and ways to address these blocks
3. Techniques to support us and our clients increase and allow our curiosity

COST:

- \$88 per session including GST
- \$308 for all 4 sessions including GST

DATES: Monday's 23rd June, 30th June, 7th July and 21st July 2025 - all 7 to 8 pm

Please Note:

- Each session may run up to 30 mins longer, there will be no charge for extra time. However, *you can claim extra supervision if we go over*
- **Sessions will be via Webinar and there will be NO Recordings**

BOOKINGS: Please contact caroline@unifiedpsychology.com to make a booking

