

# Becoming a Systemic Constellations Supervisor

*- An in-depth online training from CSC*



**June 2022 – March 2023**

## Training Information

*'We do not learn from experience. We learn from reflection on experience'*

*John Dewey, 1933*

## Course Information

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## Contact Details

### Teaching Faculty & Tutors

- |                        |              |  |
|------------------------|--------------|--|
| ▪ Gaye Donaldson       | 07810 434699 | <a href="mailto:gaye@thecsc.net">gaye@thecsc.net</a>                           |
| ▪ Sheila McCarthy-Dodd | 07875 708604 | <a href="mailto:sheila@thecsc.net">sheila@thecsc.net</a>                       |
| ▪ Chris Williams       | 07905 623330 | <a href="mailto:chris@thecsc.net">chris@thecsc.net</a>                         |
| ▪ Karl Gregory         |              | <a href="mailto:karlgregory1@virginmedia.com">karlgregory1@virginmedia.com</a> |

### Course Support People

- |                  |              |  |
|------------------|--------------|--|
| ▪ Kate Engineer  | 07905 363781 | <a href="mailto:zarinakate@yahoo.co.uk">zarinakate@yahoo.co.uk</a> |
| ▪ Kim Stonehouse | 07788 788827 | <a href="mailto:mail4kims@yahoo.co.uk">mail4kims@yahoo.co.uk</a>   |

### Administrative & Finance Enquiries

- |                                      |              |  |
|--------------------------------------|--------------|--|
| ▪ Hannah Cox, Course Manager         | 07929 313976 | <a href="mailto:courses@thecsc.net">courses@thecsc.net</a> |
| ▪ Magda Nowakowska, Business Manager | 07849 458067 | <a href="mailto:magda@thecsc.net">magda@thecsc.net</a>     |

## Facilitators

This training will be led by Sheila McCarthy Dodd & Gaye Donaldson, with additional guest teachers Chris Williams and Karl Gregory.

## Course Support People

The course will be supported by our two course supports, Kate Engineer and Kim Stonehouse who will be at every module to support both the teachers and of course you. Their place in the group is in the form of a voluntary internship.

This is a role that is generally available to students who have completed the Foundation and Applied Training in the past and would like to continue to develop their knowledge and experience of systemic constellation work. The course support people will ensure smooth continuity between modules, and will be there to assist you if needed.

If you would like to put yourself forward as a Course Support Person in the future, please email the office to let us know and we will put you on the list.

## A Note About Privacy

During the first module, we will ask if you are willing to share your contact details with the rest of the group. This enables reading groups and skills practice groups to be established and group sharing to occur. These details are only to be used regarding the course and are NOT to be used to promote yourself, your work or anything else. We'll also ask for permission to use the group photo at the end of the course on our website.

## Online Supervision Training for Systemic Constellators

### Online Supervision Training for Systemic Constellators

All practitioners require reflective space and guidance to ensure a standard of practice that is ethical and safe for clients. This is so in therapeutic practice, but also true for Systemic Constellation Work - whatever the setting. This training equips students to support and resource those who are offering Constellation Work in groups, in one-to-one work settings, and in wider contexts.

This is a new training that has been carefully designed to meet the growing need in our international community for an experienced cohort of systemic Supervisors.

#### Who is it for?

This international training is for all those who have completed at least two years of Systemic Constellation training (30+ days of teaching) and have substantive experience of Systemic Constellation Work practice.

#### What will you learn?

In this training you will learn how to become a competent and reflective systemic constellation Supervisor, offering an appropriate balance of support and challenge. The training focuses on the relational field between Supervisor and supervisee and the creation of a contained space in which the exploration of subjective feelings and experience is held safely, and insight and growth is supported.

The learning journey includes 45 hours of in-depth teaching, experiential exercises, personal reflection and practice. In addition, you will be encouraged to participate in a skills practice group, and a reading group to support personal and professional development. During the training students are asked to arrange two free supervision sessions for students within the CSC community. These are completed as part of the experiential learning journey.

#### The CSC Supervisors Register

Students who complete this course and are ready to offer systemic supervision will be added to *The Systemic Supervisors Register* held by CSC. This will be made available to practitioners and used in response to numerous requests for qualified supervision that we receive.

## Dates & Times

Each module will be held on Zoom from 14.00-19.00 GMT/BST). **With all the changes in time zones, we ask you to check your time zone prior to each session and take responsibility for arriving on time. Here is a useful weblink for converting time zones - [Time Zone Converter – Time Difference Calculator \(timeanddate.com\)](https://www.timeanddate.com/time/zone/convert/)**

Time Zones		14:00 GMT/BST
CET	Central European Time (+1)	15:00/15:00
EET	Eastern European Time (+2/+1)	16:00/15:00
EST	Eastern Standard Time (-5)	09:00/09:00
PST/PDT	Pacific Standard Time (-8)	06:00/06:00
AEDT	Australian Eastern Time (+11/+8)	01:00/23:00

All course materials, dates and Zoom links will be available to you on the [CSC Course Hub](#).

If you are going to be late for any of the modules, please text one of our course support people to let them know.

Zoom Sessions	Date	Time	Day(s)	Facilitator
Module 1	21 June 2022	2pm-7pm BST	Tuesday	Sheila McCarthy-Dodd & Gaye Donaldson
Session 2	19 July 2022	2pm-7pm BST	Tuesday	Sheila McCarthy-Dodd & Gaye Donaldson
Session 3	12 September 2022	2pm-7pm BST	Monday	Karl Gregory
Session 4	4 October 2022	2pm-7pm BST	Tuesday	Sheila McCarthy-Dodd & Gaye Donaldson
Session 5	1 November 2022	2pm-7pm GMT	Tuesday	Chris Williams
Session 6	29 November 2022	2pm-7pm GMT	Tuesday	Sheila McCarthy-Dodd & Gaye Donaldson
Session 7	10 January 2023	2pm-7pm GMT	Tuesday	Sheila McCarthy-Dodd & Gaye Donaldson
Session 8	14 February 2023	2pm-7pm GMT	Tuesday	Sheila McCarthy-Dodd & Gaye Donaldson
Session 9	14 March 2023	2pm-7pm GMT	Tuesday	Sheila McCarthy-Dodd & Gaye Donaldson

## Teaching Topics by Module

<b>Module 1</b>	Sheila/Gaye
<b>What is Reflective Supervision?</b>	
<ul style="list-style-type: none"> <li>▪ Ways in which our help is called</li> <li>▪ What belongs to the role of Supervisor?</li> <li>▪ The Orders of Helping</li> <li>▪ How to supervise systemically</li> <li>▪ Introducing the learning framework of this training</li> </ul>	
<b>Module 2</b>	Sheila/Gaye
<b>The Qualities Needed to be a Good Systemic Supervisor</b>	
<ul style="list-style-type: none"> <li>▪ How to find your 'Right Place' as a SCW supervisor</li> <li>▪ The systemic relationship with supervisee</li> <li>▪ Working with trauma</li> <li>▪ Psychological awareness and working with unconscious processes</li> <li>▪ Working in person vs working online – Supporting systemic practice in wider fields</li> </ul>	
<b>Module 3</b>	Karl Gregory
<b>Ethical Maturity</b>	
<ul style="list-style-type: none"> <li>▪ What does this mean?</li> <li>▪ Ethical maturity beyond right or wrong</li> <li>▪ Integrating and embodying values and principles</li> <li>▪ Building ethical awareness and development into our Supervisory relationships</li> <li>▪ Becoming a trustworthy Supervisor who can support trustworthy practice</li> </ul>	

<b>Module 4</b>	Sheila/Gaye
<b>Who's in the Field</b>	
<ul style="list-style-type: none"> <li>▪ Working with the 7i model</li> <li>▪ Who has a place?</li> <li>▪ Who and what needs to be included (individual or organisational contexts)</li> <li>▪ Who influences and affects who</li> </ul>	

<b>Module 5</b>	Chris Williams
<b>Supervisor /supervisee relationship - what this should attend to</b>	
<ul style="list-style-type: none"> <li>▪ What belongs to the relationship?</li> <li>▪ The therapeutic place of Supervision</li> <li>▪ Attending to power dynamics</li> <li>▪ Awareness of the shadow</li> <li>▪ How to recognise and work with shame</li> <li>▪ Boundaries</li> <li>▪ How we both support and challenge</li> <li>▪ How we model best practice</li> </ul>	

<b>Module 6</b>	Sheila/Gaye
<b>Difference &amp; Diversity</b>	
<ul style="list-style-type: none"> <li>▪ Holding a space for all</li> <li>▪ Learning how to dialogue across difference</li> <li>▪ How do we recognise our denial, defences and minimisation so that we begin to shift our perspective and can fully include and respect difference and diversity</li> </ul>	

<u>Module 7</u>	Sheila/Gaye
<b>Contracting</b>	
<ul style="list-style-type: none"> <li>▪ Contracting the Supervisor / supervisee relationship according the supervisees developmental needs</li> <li>▪ Contracting in workshops, within groups, during initial interview</li> <li>▪ What must we include?</li> <li>▪ Contracting feedback that is clear, owned, balanced and specific</li> </ul>	
<u>Module 8</u>	Sheila/Gaye
<b>Meeting the gaps reparatively – support &amp; challenge</b>	
<ul style="list-style-type: none"> <li>▪ These gaps include poor training, personal family issues, poor therapy and past negative Supervision and mentoring experiences</li> </ul>	
<u>Module 9</u>	Sheila/Gaye
<b>Endings &amp; new beginnings as a Supervisor</b>	
<ul style="list-style-type: none"> <li>▪ Where am I now?</li> <li>▪ How have I developed?</li> <li>▪ What do I still need?</li> <li>▪ Next steps...</li> </ul>	



### An Important Point About the Course

This course is run as a learning group. However, the teaching material can sometimes be triggering of our own personal issues. Whilst every attempt is made to hold a safe, contained and nurturing learning environment, students are required to respect the Learning Contract of the group and recognise that this is not a therapy or process group where personal issues can be attended to.

If we feel that your personal issues are overwhelming in such a way that the learning of the group is affected, we reserve the right to ask you to leave the group. It may be possible to repeat any missed modules on a later course.

### Missed Modules

Recordings of the modules are made available to support the online teaching and not as a substitute for attendance. Certificates of attendance can only be given for the hours completed in live teaching sessions. Please note that modules can only be missed in exceptional circumstances.

### Certificate of Attendance

At the end of module 9 you will be given a Certificate of Attendance, stating the exact number of hours you have attended during the live training sessions.

### Additional CSC Courses & Events

CSC is delighted to host an international guest trainer two or three times a year. We also arrange some other Continuing Professional Development (CPD) trainings and workshops.

Further details about these additional events can be found on the website [www.thecsc.net](http://www.thecsc.net) under 'Courses'.

## Recommended Reading

- Supervision In the Helping Professions (4th Ed)  
P. Hawkins and A. McMahon (2020) Open University Press
- 'Getting the best from Supervision' Counselling Matters Issue 10. p31-40  
K. Gregory K and S. McCarthy-Dodd S. (2021)  
<http://cm.nationalcounsellingsociety.org/books/kxvw/#p=31>
- Ethical Maturity in the Helping Professions  
M. Carroll and E. Shaw E. (2012) Psych Oz Publications
- Reflective Practice in Supervision Minuteman Press  
D. Hewson and M. Carroll (2016)
- My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies  
Resmaa Menakem, Cary Hite, et al
- Freedom to Practice - Person Centred Approaches to Supervision  
K. Tudor & M. Worrall (eds) (2004) PCCS Books
- How to Run Reflective Practice Groups: A Guide for Healthcare Professionals.  
A.Kurtz (2020) Routledge, London
- The Body Keeps The Score: Mind, brain and body in the transformation of trauma  
Bessel Van der Kolk

## A guide to accessing Zoom

### Using Zoom - Preparation

Some of you might be familiar with Zoom already, but if you haven't used it before, please be assured that it's very straightforward! However, we would strongly advise you to have a look at some of the tutorial videos as these are really helpful and easy to follow.

Perhaps those of you who are familiar with zoom could share your expertise with your fellow students. You all have each other's email addresses, so if any of you would like to do a practice run, in advance of the first session, perhaps you could arrange this between you over the next few days.

You do not need to have a Zoom account to be able to join a meeting, but if you would like one, you can set up an account for free.

### Zoom tutorials/videos

There are videos, instructions and frequently asked questions on the zoom website. Zoom Top Questions Video Tutorials

**Step One:** Watch this short video to acquaint yourself with the Zoom technology. Video on how to join a Zoom meeting:

<https://www.youtube.com/watch?v=Rzk4vdTli0c>

**Step Two:** When you join a Zoom meeting for the first time, you will be asked to launch the Zoom Application. Download the Application by clicking on the link in the email invitation you have received. (You might get a redirect notice – click the Zoom link again to download the application, or if the link doesn't work when you click it from the email, try copying and pasting the link into your internet browser. **Please do this in preparation for the session.**

Download link here: <https://zoom.us/support/download>. You can also download zoom to your smart phone via this same link on your phone <https://zoom.us/support/download> or via your app store.

When you first join the call you will be put into a 'waiting room' and will be admitted to the session by the host once they ready to start.