

## **PSYCHOTHERAPY SUPERVISION WORKSHOP**

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### **Abstract:**

#### **Background:**

The Section of Psychotherapy will present a full day Psychotherapy Supervision workshop. Attendance is strongly recommended for all supervisors of the RANZCP Psychological Methods (Psychotherapy) case and Advanced Training in Psychotherapies. Attendance will satisfy College requirements for supervisors.

#### **Objectives:**

The workshop will be mainly aimed at current and prospective College Psychotherapy supervisors at both the Basic and Advanced Training levels and will also be of use for all trainees including those in Advanced Training in the Psychotherapies.

#### **Methods:**

Senior members of the Section will provide an update on requirements and current practices of the College for the Psychological Methods case and to changing training requirements. These will include skills of use to both to supervisors and supervisees such as an update on evolving clinical competencies & developmental milestones for monitoring progress, accountability/ record keeping issues & supervisor Peer Group networks.

Presenters will give insights into examiners' criteria and how to helpfully guide case write-up from the beginning of the assessment period through to completion.

Group case-based discussion and small group work will be led focusing on common supervision difficulties.

Approaches to guiding formulation and re-formulation of a Psychological Therapy case will be demonstrated including an introduction to new resource materials.

#### **Findings and Conclusions:**

We will be offering opportunities to network & address / remediate common problems in Psychotherapies supervision & hope to improve the experience for supervisors & trainees.