



Focussed Mindfulness© Training.

Becoming an Absolute Supervisor

- Join a professional development group working at the deepest level
- Learn a wide range of techniques to support a person-centred approach to supervision
- Explore ethics, contracting, best practice and the law in relation to CAM
- Study key texts
- Be supported as you begin your supervision practice

All Absolute Specialists courses begin with a Focussed Mindfulness Intensive. After this you may be happy to take the practitioner programme and then work towards gaining your accreditation as a Focussed Mindfulness practitioner. You can do this concurrently with your supervisor training. This fast-track programme will take 18 months and will cost a minimum of £2,500.

The supervisor training is experiential and spread over 10 months. You will be offered monthly group person-centred supervision sessions with an added teaching element and monthly workshops where you will be asked to research and consider your role; the contract that you will draw up with your supervisees, safety issues, legal issues and the skills you will need to develop to become an effective supervisor.

You find these key texts useful:

Freedom to Practise Vols I and II

Inspiring Creative Supervision. Wood and Schuck.

Vital Practise. Ryan.

You will attend 10 group supervision sessions with fellow trainee supervisors facilitated by an Absolute Trainer who will guide and support you in your work with supervisees. These sessions will also be somewhere you can be facilitated to become more gnostic, reflect more deeply on your own spiritual journey and learn from the challenges that arise in your practice as a practitioner and supervisor.

There will be also be 10 theory sessions when we explore the role of a supervisor and the various models of supervision.

At the end of the year, or when you feel ready, you will have a meeting with a trainer to discuss if you are ready to become an Absolute Supervisor and to consider your CPD needs in the following year.

Absolute Specialists Ltd. 65 Jackroyd Lane, Mirfield WF14 8HS
01484 866747 07984115927 www.absolute-specialists.co.uk
www.absolute-specialists.co.uk

clare.walters@absolute-specialists.co.uk

Company registered in England No. 7288166