

# Reflective Practice Group - Clinicians

## What is the group?

We are launching a new reflective group supervision sessions on a monthly basis for inquisitive team players who are willing and interested to both learn and share together.

The group is aimed at practitioners who are at post-qualification and registration and will work across different modalities from counsellors, psychotherapists, supervisors and other talking therapist such as CBT, EMDR practitioners. Psychologists are also welcome to join. The group will be facilitated by a Systemic Psychotherapist.

## Frequency

Meetings will be held ONLINE on the 2nd Friday of the month and run from 10 am - 11.30pm.

## Aims

- Reduce Isolation in Private Practice
- To create a community of practitioners who have an interest in working with CPTSD/PTSD
- Encourages reflective conversations on clinical cases/ themes to support in your formulation or re-formulation.
- A place to share challenges in clinical practice and to generate ideas for moving forward in clinical work.
- Creating an emotionally informed thinking space
- Encouraging thinking before taking action.
- How to formulate from a **Systemic Standpoint** and to consider context outside the clinical work which may be having an impact on client progress.
- Promoting respectful uncertainty and healthy scepticism/challenge in terms of our approaches to case.
- **Coffee and chat** – time for space to chat and connect with other members following the reflective

## Rational



This method of group reflective supervision draws on the collective resources of a team to provide support and reflection. Facilitates no-blame cultures and the idea of 'vulnerable competence', which does not expect therapist to get it right all the time, given the complexity of practice. Invites thinking below the surface and 'outside of the box'. Resists problem-solving (encourages 'being' rather than 'doing') fosters professional curiosity and multiple perspectives.

This will be a closed group for up to 6 individuals, who will commit to meet monthly for a 6 month period. Sessions will be charged at £20 and will require a minimum of 4 people to run.

Please feel free to contact Arlette using the following email address:  
[info@calmtogether.co.uk](mailto:info@calmtogether.co.uk) and title your email REFLECTIVE SUPERVISION GROUP.