

The University of Melbourne Counselling Service

Professional Supervision Unit

Information Kit and Application Form



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www.services.unimelb.edu.au/counsel

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What is Professional Supervision?

Regular professional supervision is a process that allows professionals the opportunity to clarify and resolve, with an experienced fellow practitioner, issues and dilemmas presented by their clients and workplaces. This process has been found to broaden perspectives on dealing with clients, maintain good clinical skills, enhance work performance, reduce risk of burnout, expand professional links and increase job satisfaction. Good practice requires regular supervision, particularly in the case of new graduates and sole practitioners.

Professional Supervision at the University of Melbourne Counselling Service

The Professional Supervision Unit is committed to assisting fellow professionals achieve maximum standards and personal satisfaction in the workplace, and provides a place and opportunity to raise issues, to explore problems, and to find new ways of handling both the situation and oneself. While the Unit primarily works with psychologists and social workers, it is also available for other professionals employed as counsellors in:

- hospitals
 - community health centres
 - private practice
 - schools
 - local government
 - state and federal government departments
 - child welfare
 - centres against sexual assault
 - non-government organisations
 - other tertiary institutions

Established in 2001, the University of Melbourne Counselling Service's Professional Supervision Unit has since supervised more than 140 professional employees, many over several years, in a great variety of settings.

Who Offers the Supervision?

Supervision is provided by qualified psychologists and social workers employed at the University of Melbourne Counselling Service. Backgrounds and training include:

- family, narrative and systems therapy
- psycho-dynamic counselling
- brief therapy and crisis intervention
- cognitive behavioural therapy
- rational emotive therapy
- psychodrama
- transactional analysis

Supervisors offer assistance in the following areas:

- relationships with partners, friends, family, peers or colleagues
- risk and crisis management
- cross-cultural issues
- life transition
- mental health
- addiction
- disability
- workload, time and stress management
- gender and sexuality
- discrimination
- harassment and abuse
- trauma
- grief/ bereavement
- workplace/ organisational issues
- international education
- change management
- managing critical incidents
- training needs analysis
- burn out
- communications
- promotion of cultural diversity
- team building
- employees at risk

[We regret we are currently unable to offer professional supervision for psychologists seeking registration]

Finding the Right Supervisor

Ideal supervisors are those who respect, support and nurture supervisees' resources and strengths, in a learning environment conducive to professional development. This is often an intimate process, and you might like to ask yourself:

- what are my goals in seeking supervision?
- how will I evaluate my supervisor?
- what specific techniques or tools do I want to learn?

Evaluation and Quality Assurance

Evaluation of the service occurs in several ways:

- Six-monthly review by supervisor and supervisee
- Completion of regular evaluation form by supervisee

Quality of supervision is guided by the *British Association of Counselling Code of Ethics and Practice for Supervisors of Counsellors*. In some circumstances, another experienced counsellor may be requested to assist in addressing specific issues arising in supervision that require more detailed examination.

Frequently Asked Questions

How often does supervision occur?

Usually once a fortnight, otherwise as arranged.

How long is each session?

Usually 1 hour.

Is it possible to have professional supervision for only a few sessions?

Certainly, just discuss it with your supervisor at the initial meeting.

What is the scope of discussions?

Clinical, workplace, career, professional, legal and ethical issues.

How is my supervision reviewed?

Usually each six months. Individual supervision agreements are drawn up as required.

Is supervision possible only for a short period?

Please let us know your wishes at the introductory meeting.

Do you offer individual or group supervision?

Both. Group supervision has a maximum of 4 participants.

How much does it cost?

Individuals: \$ 120 per session plus 10% GST
Group participants: \$ 60 per session plus 10% GST

How is payment made?

Supervisees are invoiced monthly.

What times are available?

Generally business hours, other times by arrangement.

What is the application process?

Once we receive your application, together with CV, a counsellor is assigned to ring and arrange the introductory, no-obligation meeting.

How long does the process of finding the supervisor take?

We hope to arrange the introductory meeting within ten days of receiving the application. Accurate and comprehensive contact details will help us to do this.

What if, after the first meeting, I feel the 'match' isn't a good one?

Please let the Supervision Unit Co-ordinator know as soon as possible after the first meeting, and we will endeavour to arrange a better match for you. We encourage clear and honest communication at all times.

Current Supervisors

Darryl Cloonan ***BA, BSW***

Darryl's career as a social worker spans hospitals, community health, child welfare, aged and disability services, local government, crisis centres, private practice and now tertiary education. He has strong interests in brief therapy, client-centred and solution-focused approaches, motivation, self-care, career development and work-life balance.

Julienne Kinna ***BA, MPsych (Clin), DipGestalt Therapy***

Julienne's initial training was in cognitive behavioural therapy, and more recently in gestalt therapy. Her career as psychologist includes mental health, palliative care, addiction counselling and undertaking assessments for the Children's Court Clinic. She is currently interested in integrating mindfulness into therapeutic work.

Lyndell Kohut ***BA, DipEd, GDipEdCouns***

After teaching in secondary schools in Australia and Canada, Lyndall entered tertiary counselling. A psychologist, she has worked at the Counselling Service for twenty years and is very familiar with tertiary sector community development initiatives. She has interests in the developmental issues of young adults, family and school systems, cross cultural counselling and the facilitation of "wellness".

Ravi Lulla ***BAEco, MA Medical and Psych SW***

A social worker, Ravi has spent many years in India, Hong Kong and Australia, in counselling centres, community health, UNHCR refugee camps, hospitals, international schools, and university settings. Areas of interest include addictive behaviours, dual disorders, refugee issues and medical and psychiatric disability support. He uses a holistic, client-centred approach which includes solution and strength focused approaches, reflective practice, brief therapy, and CBT.

Allison Macdonald ***Bsc, BEd(Couns), MA (Couns Psych)***

With thirteen years' experience as a psychologist in tertiary education, Allison has supervised counsellors in training as well as other staff such as complaints officers and international student advisors. She is interested in working collaboratively with clients, taking a holistic approach which combines cross-cultural counselling, client-centred and solution-focussed approaches, and yoga.

Wolfgang Mayr ***PhD, Bioenergetic Analyst***

A psychologist interested in the supervisee's body awareness, exploring the fringes of psychodynamic and body focussed approaches, Wolfgang believes supervision provides a precious space to debrief, develop supervisees' own resources, and explore transference / counter-transference. As supervisor for teams, he combines methods from body-focussed, art, gestalt and group therapy, and organisational psychology.

Jonathan Norton ***BA, BSc, MSc (Couns Psych)***

A psychologist, clinical supervisor and coordinator in community health, higher education, hospital, welfare and private settings, Jonathan has also published widely in local and international journals on psychology and psychotherapy. His special interests include constructivist, existential, collaborative, strength-based and solution-oriented approaches to therapy, depression and anxiety, as well as management, leadership and service coordination, and client feedback processes.

Gabrielle Perversi ***BBS, MPsyCh (Clin)***

A psychologist with clinical, counselling and consulting experience, Gabrielle has worked in substance abuse and addiction, rehabilitation and pain management, for government and in general counselling psychology practices. More recently in tertiary education as counsellor and supervisor, she draws from evidence-based and psychodynamic approaches, and also has a strong interest in the therapeutic benefits of mindfulness meditation.

Felicity Rousseaux ***BSW, MSW, GCert (Family Therapy)***

Felicity has worked both nationally and internationally as a social worker, counsellor, trainer, supervisor and consultant, in the fields of trauma, cross-cultural issues, gender, diversity, sexual assault, family violence and community health. She uses a combination of systems, cognitive behavioural and psychodynamic approaches, and maintains a commitment to human rights issues and a client-focused approach.

Lis Shugg ***Dip Ap Sci, BA, BEd (Couns),
GDip Mental Health Science (Infant-Parent)***

A psychologist, Lis has worked at the Counselling Service for over ten years. Her main areas of interest include late adolescence-young adulthood, infant-parent relationships and attachment. Using an eclectic approach to her work from process-oriented to mindfulness-based approaches, with psychoanalytic and psychodynamic approaches as major influences, she sees supervision as a fundamental aspect of psychological practice.

Ethel Tillinger ***BA, BEd (Couns), Dip Ed***

Early in her career as a psychologist, Ethel worked in schools as a Guidance Officer, with children, adolescents and families and also school systems, and later co-ordinated a project using a whole school approach to discipline and student welfare. Recently her interest has been in psychodynamic approaches to counselling, using groups to facilitate change, and the internal conflicts that prevent people from being who they want to be.

Orania Tokatlidis ***BBS, MPsyCh(Clin), GDipBus (OrgChange&Dev)***

A registered psychologist since 1990, Orania has worked in public mental health services including several years on a CAT team, as a consultant in the Mental Health Training Service, DHS, and more recently with the Counselling Service. Areas of interest are facilitating wellness, work-life balance, organisational change, coaching for managers, and professional development and supervision for health professionals.

Glenys Wilson ***BBS, Dip Psych, MPsyCh(Clin), Grad Dip (Hypnosis)***

Working in Tasmania and NSW in adult mental health, disability, drugs and alcohol, but principally in child, adolescent and family mental health, Glenys gained the peer-awarded status of 'Senior' Clinical Psychologist for expertise in Youth Issues and Trauma. With advanced training in EMDR, she also has much experience with the Vietnam Veteran's Counselling Service, both with veterans and their children.

Testimonials

The chief values of supervision are understanding, support, de-briefing, some 'me-time', hearing another professional perspective, and the challenge of being helped to grow professionally (Psychologist in Government Department)

The process of finding a supervisor is fraught with issues regarding confidentiality, competence, similarities vs. differences between supervisor and supervisee, and whether it works for you! I found the match to be a good one. (Psychologist in Private Practice)

The supervisor is very supportive and informative about the setting and my role in the workplace... my experience with the Supervision Unit has been very positive... (Social Worker in Community Health Service)

Debriefing sessions, case studies and management suggestions have all been highly valuable. (School Counsellor)

I greatly value the opportunity to reflect on and 'unpack' difficult situations, to learn some new strategies, to give me some positive feedback, and to deal with an environment where it's easy to get stuck (CEO of Community Organisation)

It makes me focus on development, not just maintenance (Psychologist in Private Practice)

Please note -

The University of Melbourne Counselling Service Professional Supervision Unit does not undertake or assume responsibility for supervisees' performance of duties in the workplace, or for adherence to professional guidelines or responsibilities.

~Application~

Date Received

[Please attach extra page if desired]

Name -----

Address-----

-----Postcode-----

Phone: (W)-----(H)----- (M)----- Email-----

Current Position/Occupation -----

Employer (if not self-employed)-----

 Address -----

 Telephone Number(s) -----

Responsibilities-----

Qualifications (include length of course/s completed and year of graduation)

Membership of Professional Organisations-----

Recent Supervision History-----

Reason/s for seeking supervision-----

Any other supervision requirements-----

Please complete form [or forms, where there is a joint application], **attach resume** with details of current and past professional experience, and any other relevant information, and forward to:
Supervision Unit Co-ordinator
Counselling Service, University of Melbourne Vic 3010
You will then be contacted to discuss further arrangements. Thank you.