

Growing as a *therapist*.

A term of reflective group supervision for early-career psychologists.

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Most CPD for psychologists teaches a new modality or technique to add to your toolbox. This course does something different: it draws attention to what it means to **grow as a clinician**. Over a term, we put language and a framework around the processes that underlie effective therapy and effective therapists (whatever modalities you use) so you can move through the stages of development with greater confidence, self-awareness and skill.

Each 90-minute session blends a didactic seminar (taught through case vignettes, including reflections from my own practice) with structured group reflection, anchored to the here-and-now issues you face in your work.

The eight *sessions*.

- 1 **You are already good enough.** What the literature has long told us: the model matters less than how we show up and care. An introduction to the common factors of therapy.
- 2 **Setting the frame.** A self-reflection session on how we set the treatment frame: keeping to time, negotiating expectations, and reviewing progress and goals.
- 3 **The person of the therapist.** A guided exercise mapping our strengths (and how they show up as shadows), to clarify our therapeutic 'personality'.
- 4 **Formulation.** The many shapes of a clinical formulation: how a living formulation is built, shared and revised through treatment.
- 5 **Being with, rupture and repair.** Treatment where the relationship is an active ingredient; managing conflict and difficult dynamics in the room.
- 6 **The relationship as information.** Examining how clients show up differently, and stir up different feelings in us (such as those that intimidate us, those we want to rescue, and those who are hard to reach).
- 7 **When therapy is not working.** Overcoming stuckness; when and how to refer on, and how to prevent it in the first place.
- 8 **10,000 hours.** Becoming a clinician over a lifetime, and what sustains a career.

FORMAT

- Small group of 5–9 clinicians
- 8 × 90-minute sessions, fortnightly
- Online via Zoom
- During working hours (not evenings)
- ~40 min case vignettes + didactic, ~40 min group reflection
- Between-session reading + reflective exercises (~60 min)

CPD & INVESTMENT

- ~20 hours of active CPD, including 6 hours of peer consultation
- Written reflections double as audit-ready CPD portfolio entries
- For registrars: can count toward the active CPD of the registrar program

\$600 · \$75 per session

Facilitated by **Dr Amelia Scott** · Clinical Psychologist & Board-approved Supervisor · amelia@circasleep.com.au · drameliascott.com.au/supervision

Places are limited. To register your interest, visit the website and complete the short expression-of-interest form.