

# Journey to the Self

## Certificate in Experiential Creative Supervision

Saturday 23rd March 2019 10:00-5:00 pm 6 hours CPD

### Overview

Bring a new perspective adding value to your work and practice by adding a creative approach to Supervision.

This workshop encompasses **experiential** and **collaborative** learning, drawing on **Creative, Gestalt** and **Expressive** methods. Choose from a range of **sand tray, freeform art, puppets** and **clay modelling**.

### Objectives

- Extend your supervisory skills by gaining fresh insight into the processes governing the dynamics of therapeutic relationship
- Learn to integrate creative methods enriching the supervisory relationship
- Discover a deeper level of awareness to bring to your practice
- Enhance the depth and effectiveness of your individual and group supervision work

### Suitable for

Counsellors, psychotherapists, social workers, life coaches, education professionals, support workers, and all other health care professionals.

The workshop is open to qualified therapists, professionals and supervisors from all theoretical backgrounds currently working in a therapeutic context with individuals or groups.

### Amanda Perl

Registered MBACP (Accred), MBPsS  
Adv. Dip. Integrative Counselling  
BSc & Msc Psychology

Amanda is an Existential Psychotherapist, Counsellor, CBT Practitioner and University Lecturer. Specialisms include personality disorders, addictions, emotional abuse, relationship issues, anger, eating disorders, anxiety (fear) and depression (sadness), mindfulness.

[www.amandaperl.com](http://www.amandaperl.com)

### Ian Rattray

Registered MBACP (Accred)  
Dip. Integrative Counselling, Cert. Supervision  
BA, MSc

Ian is a Counsellor and Tutor whose interests and experience include attachment, relationship and couples therapy, creative arts and experiential therapies working in local services and organisations, schools and the NHS in addition to private practice.

[www.uniquesteps.co.uk](http://www.uniquesteps.co.uk)

### Location and Cost

Venue: The Tree Room, 12 Trinity Street, Colchester, CO1 1JN

Cost: £95 includes vegetarian gluten free lunch and refreshments

10% **discount** if booked before 31/10/18

Early booking advised as **spaces are limited** and offered on a first-come first-served basis.

### Bookings and enquiries

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