

CAST-L3 Sample Group Training Supervision Activity (reproduced by kind permission of Aylesbury College)

Divide the candidates in pairs for 3 consecutive weeks of 'counselling'.

A useful pre-task is for the 'client' to draw a lifeline of significant people in their lives – parents, family, teachers, colleagues. They might then like to take this to their sessions for exploration.

We recommend that the 'counsellor' takes a few brief notes after the session, to practice note taking and recording skills. These notes should remain objective and will help with the construction of the case presentation.

After the counselling has finished, the 'counsellor' writes a case study, briefly outlining the focus of each session but highlighting their own feelings, thoughts and responses, as well as reflecting on the contract and whether the boundaries of the relationship (time, confidentiality etc.) were maintained. The counsellor identifies what helped the therapeutic process and what did not.

It is good practice to let the 'client' read the case study first and to get their permission to present it in supervision.

The pairs then go into 2 different groups for group training supervision.

Each candidate presents their case. The peer 'supervisors' make comments and suggestions, and ask questions that may give the presenting 'counsellor' further insight, another perspective etc. The focus is on the 'counsellor' not the interpretation of the 'client's' concerns nor solving the 'client's' issues.

The tutor then asks the presenting 'counsellor' to identify which responses they have found most useful and to identify what insight they have gained from presenting to a peer group.