

Topic: Level 2 SFBT Solution Focused Supervision Masterclass
Using Deliberate Practice and Reflective Practice to Improve Effectiveness of Therapy and Supervision

Dates / Times: Thursday 22nd and Friday 23rd August 2024
2 days online, 9am to 5pm

Who is this for:

Pre-requisites for this course:

Completed Level 1 SFBT Therapy training

Completed Level 2 SF Supervision Training (or equivalent supervisor training)

Therapists who are currently supervising others

Synopsis

Building on the Level 2 SF Supervision training course, we will start with a brief refresher on the definitions and functions of supervision. This workshop will then go into depth into the topics of deliberate practice and reflective practice.

As supervisors we want to support therapists to practice ethically and effectively and improve over time. Work from Scott Miller and colleagues over the last 20 years however shows that not only do most therapists not improve over time, but perhaps disconcertingly often decrease in performance. Those that perform better, referred to as “supershinks”, have been found to spend more time in deliberate practice outside the therapy room. This involves measuring your results, identifying targets to work on and testing and refining new ways of working.

We will outline what deliberate practice is and is not, the benefits of deliberate practice and how deliberate practice fits with the SF approach. We will cover how to use feedback informed treatment and supervision to improve your practice as a supervisor. We will explore how to use tools such as The Outcome Rating Scale and Session Rating Scale with your supervisees to gather a baseline of current effectiveness and plan areas to develop through supervision.

The process of reflective practice goes hand in hand with deliberate practice as a way of making sense of the information collected. The aim of reflective practice is to enhance your supervisees’ ability to think in depth after an event in order to be more reflexive and act in the moment. Different models of reflective practice will be covered and we will design a personalised plan of how to embed reflective practice into your supervision.

The workshop will use a mixture of presentation, group discussion, and small group/pair exercises to enhance learning. There will be chance to observe live or recorded sessions of supervision, and practice and get feedback on your supervision.

Learning Objectives

- Refresh your knowledge on definitions and functions of supervision
- Understand what deliberate practice is and how to use this in supervision
- Know how to use outcome measures in supervision and therapy to gather feedback and improve effectiveness
- Learn about different models of reflective practice
- Embed reflective practice into your work as a supervisor and that of your supervisees
- Walk away with a personalised action plan to enhance your deliberate and reflective practice as a supervisor

Those who have completed the masterclass and want ongoing support as a supervisor will have the option to join a monthly supervision of supervision group, at a reduced rate (days and times will be planned together with those interested).

Testimonials for Jane's previous workshop on SF Supervision

Amazing workshop! Well structured format, Jane was mindful and flexible with a great balance of sharing information, facilitating discussions and role-plays. Totally recommend!!

Baijesh

An excellent program that equips supervisors with a strong SF foundation to push off from.
James Abraham, Founder and CEO of Mindright Asia

Bio

Dr Jane Tuomola has her own company in Singapore where she has worked for 11 years. She works as both a Clinical Psychologist (specialising in adult mental health) and as a Life and Executive Coach, and Coaching Supervisor. She is an Associate Fellow of the British Psychological Society and Master Solution Focused Practitioner with the International Alliance of Solution Focused Teaching Institutes. Jane's particular area of expertise is supervision. She has over 16 year's experience as a clinical supervisor offering both individual and group supervision, as well as teaching Solution Focused supervision to therapists and coaches. She is an Approved Supervisor with both the Canadian Council of Professional Certification and Singapore Psychological Society. She is an Associate Trainer and Supervisor with the Academy of Solution Focused Training in Singapore. She is a co-editor of two books: Solution Focused Practice in Asia and Solution Focused Coaching in Asia , as well as having written numerous research articles and other book chapters, including one on group supervision from the perspective of gender and culture.