



Price £30

Integrative Relational Supervision

I'm calling this an Integrative Relational Supervision Group because the model I work with is integrative (See p2) and there will be an emphasis on the relationship between the supervisees and their clients. 'Relational' sometimes means that the supervision focus on the relationship between the supervisee and supervisor. Although we will be mindful of this, the client/counsellor relationship will be our main focus

Integrative Relational Supervision Group

The Spring Room
Forest Row
Community Centre

This initial meeting is designed to offer participants the opportunity to explore what support they might need in their therapeutic work, particularly in their relationships with their clients, and how they might want to use a group like this in order to feel supported.

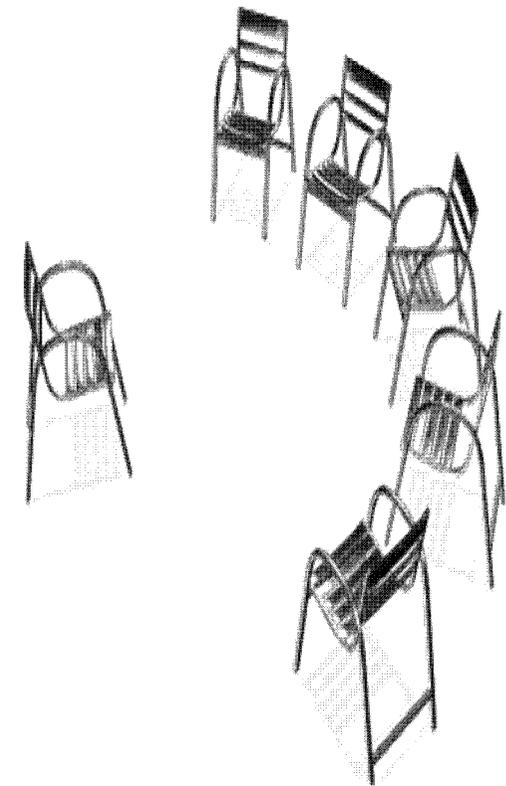
It is then my intention to offer a series of supervision groups, the frequency etc of which will be decided at this initial meeting.

For more details, please contact Geoff on

Geoff231@mac.com or 07949 153431

Geoff-lamb-psychotherapist.com

Saturday 30th
September
2.00 pm to
5.00 pm



About Geoff

Geoff Lamb is a registered psychotherapist who has been practicing since 1985.

He is also a qualified couple counsellor and psycho-sexual therapist.

He was involved in counselling training for 30 years and, until January this year, was the director of Inter-Psyche, a counselling training institute based in the NHS, which offered a BACP accredited diploma in counselling, a diploma in supervision, a diploma in couple counselling and an extensive programme of CPD courses.



Integrative and Relational?

When I describe my approach as integrative, I don't mean 'eclectic', although the term 'integrative' is sometimes used this way; employing the metaphor of a 'toolkit' from which the counsellor selects an appropriate technique to the client's presenting problem. For me, it's much more about the way I think about clients and my interactions with them. In doing this, I integrate my humanistic belief that human motivation is essentially positive, though sometimes subject to considerable distortion, with my psychodynamic assumption that every communication, including initial enquiries and phone-calls, between client and counsellor has both a literal and a symbolic (unconscious) meaning; both being equally important.

Although most counsellors and therapists now

recognise the importance of the relationship in the therapeutic process, the therapy culture, like the culture within which it operates, is still information and technique driven. The myth is that the better informed we are, the more secure we feel. Facebook groups for counsellors often have requests for 'A good book on.....', either for the counsellor or for their client. Nothing wrong with this at all, but when the security of the counsellor is based on them feeling informed and 'expert' the relationship becomes distorted.

In this group, my aim is to support practitioners in trusting their own humanity and presence as a means of creating the healing relationship that counselling and psychotherapy have the potential to be.

