

Providing career-long supervision: Engaging with structure and process

Name of presenter: Dr. Aisling McMahon

Workshop topic: Supervision

Date of workshop: Wednesday 08 November 2017

Duration of workshop: 10am – 4pm

Cost: €120 (mid-morning break and light lunch included)

Maximum number of attendees: 20

Learning Credits: 4

Abstract:

Supervised practice has always been a mainstay of post-graduate training in applied psychology specialisms but engagement in post-qualification supervision is now also an important aspect of supporting career-long growth and resilience for psychologists. We know that the large majority of applied psychologists in Ireland attend regular supervision, either in one-to-one, group or peer supervision formats (McMahon & Errity, 2014) but the practice of post-qualification supervision is still an evolving field. This workshop aims to offer an opportunity for participants to reflect on, and engage with, the potentialities and complexities of providing supervision for qualified practitioners. In particular, the importance of both structure (containing) and process (loosening/opening) in the supervisory work will be explored on the day.

The workshop will include: theoretical input in relation to supervision models and guidance for practice; opportunity for reflection on practice; both small- and large-group discussions; and experiential engagement in supervisory exercises.

Reference:

McMahon, A., & Errity, D. (2014). From new vistas to life lines: Psychologists' satisfaction with supervision and confidence in supervising. *Clinical Psychology and Psychotherapy*, 21, 264-275.

Presenter's biography:

Dr Aisling McMahon is a Lecturer in Psychotherapy in Dublin City University (DCU; aisling.mcmahon@dcu.ie). She is qualified as a clinical psychologist and as a humanistic and integrative psychotherapist, and has worked in various settings over the last 25 years, including adult mental health services, the Irish prison system and private practice. As part of a long-standing interest in exploring what supports capability and resilience in professional practice, Aisling has developed a particular interest in the practice of supervision over the last decade. Aisling regularly offers supervision training workshops to services around Ireland and was involved in launching a biennial interdisciplinary supervision conference in DCU last year (due again in 2018).