

Supervision: Balance in an Unstable World?

Workshop title:

In Balance? Working with 'Nature' to enhance the transformative in supervision

Presenters: Annie Robinson and Jane Robinson

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In stressful times there is a need for restorative balance, reflective space and different perspectives, all characteristics of the supervision process. Making connections with wider worlds beyond the consulting room either by working outside or through themes, metaphors, or dreaming can enhance our work transformatively. Drawing on recent supervision case material and an increasing body of literature for therapy working with 'other than human' and acupuncturists' practice of Qi Gong 'grounding', this workshop will look at the potential and pitfalls to such work. Interactive exercises hopefully outdoors, and including Chinese Qi Gong, will provide an experience of this type of supervision.

Annie Robinson

MSc Coun.; BACP Accredited Counsellor/Psychotherapist; Registered Member MBACP (Accred.)
Annie supervises people from diverse work contexts. Life and career influences include archaeologist, childhood horse-riding, higher education teaching, public sector and organisational consultancy. Currently a therapist and supervisor, (formerly tutor for Severn Talking Therapy supervision), she is interested in the transformative, recently taking supervision outside for those interested in working this way.

Jane Robinson

MAc, MBAcC; licensed acupuncturist, registered supervisor with the British Acupuncture Council.
Jane has worked as a traditional Chinese Medicine practitioner in Somerset for 39 years, having trained in both the UK and China. She undertook mentoring/supervision training at Spectrum in 2004 and provides supervision within the Acupuncture and allied Health professions. She lives on a farm and practises and teaches Qi Gong, usually outside, to maintain health and wellbeing.