

Working with Soul in Supervision

11th October 2018

Newcastle Gateshead Marriott Hotel MetroCentre, Marconi Way, Newcastle-upon-Tyne NE11 9XF

Time	Session	Presenter
08.45 - 09.15	Registration & Refreshments	
09.15 - 09.30	Welcome & introductions	
09.30 - 10.30	<u>Soul power: self, practice and collective evolution</u>	Caroline Jesper
10.30 - 11.30	<u>Soul and identity in supervision</u>	Manu Bazzano
11.30 - 12.00	Refreshment break	
12.00 - 13.00	<u>The bandaged place (Rumi) - what door might be opened into the soul through our wounds and how might the gaze of soulful supervision help?</u>	Hilda McKinney
13.00 - 14.00	Lunch	
14.00 - 15.00	<u>Facilitating the experience of soul in supervision and therapy</u>	Dr Els van Ooijen
15.00 - 16.00	<u>A writing space: scribing the soul</u>	Jeannie Wright
16.00 - 16.15	Refreshment break	
16.15 - 17.00	Plenary	
17.00	Event Close	

Please note that the programme and speakers are subject to change and it will be updated in due course

Soul power: self, practice and collective evolution

Caroline Jesper

The session aims to focus on several areas related to: *'Supervision and the soul of the world. How does soulful supervision help mediate our connections to the personal and the collective?'* by interweaving my own experiences in delivering supervision training, supervision and counselling practice, supervision research and my own personal meditation practice:

- Discuss what supervision with soul looks and feels like
- Explore possible links between soulful supervision, growth in therapy and collective growth/evolution
- Identify what gets in the way of soulful supervision (e.g. too much attention to administrative functions, organizational expectations of supervision, an imbalance of power in the relationship, inhibiting factors such as supervisor also manager) and how to address these challenges
- Explore the concept of the 'self' in relation to practice and supervision
- Explore ways to make greater contact with the 'self' and with the 'other' so as to forge the way for more 'soulful supervision'
- Enable participants to identify how they can develop 'soulful supervision' - both as a supervisor and as a supervisee

Caroline has over 18 years' experience as a counsellor and has been practicing as a supervisor for 12 years, working with individuals and groups of supervisees at all developmental stages. Caroline was a senior lecturer for over 13 years at York St John University where she was the course director for the Postgraduate Certificate in Counsellor Supervision. In 2016, she founded 'Suparna', an independent training provider delivering a Certificate and Diploma award in counselling and psychotherapy supervision and CPD workshops for qualified/experienced supervisors. In 2013, Caroline co-authored *'Getting the Most from Supervision: a guide for counsellors and psychotherapists'* (Palgrave) and she is currently undertaking a collaborative research project which is exploring the relationship between the different functions of supervision and counsellor well-being and efficacy. Within her role in Professional Standards at BACP, Caroline is currently re-writing BACP's Supervision Curriculum.

[Return to main programme](#)

Soul and identity in supervision

Manu Bazzano

An experiential and theoretical exploration of the challenges and rewards of supervision in relation to the dual notions of *soul* and *identity*. What is 'soul'? What is 'identity'? Are the two compatible? It is impossible to discover the limits of the soul, or *psyché*, says Heraclitus, even if we travelled every road to do so - such is the depth of its meaning. Is this expansive notion of soul the same as 'identity' in our era of 'identity politics'? Or has identity superseded soul?

Through clinical vignettes drawn from one-to-one, group supervision as well as supervision training, transcultural issues of race, gender, and diversity will be discussed, and you will also look at how these concretely relate to the notion of soul.

By the end of this session, you will have:

- Comparative understanding of the notion of 'soul' in some spiritual traditions
- Knowledge of some aspect of ethics and contemporary philosophy
- Exploration of practice-based research and links to supervision practice
- Knowledge of contemporary notions of identity and their implications for supervision
- Knowledge of contemporary notions of trans-cultural issues and their implications for supervision

Manu Bazzano is a psychotherapist, supervisor, visiting lecturer at Roehampton University. He facilitates men's groups as well as workshops on Zen and Phenomenology in the UK and abroad. He has a background in philosophy and rock music and is the author of several books, including *Zen and Therapy: Heretical Perspectives* (Routledge), the forthcoming *Nietzsche and Psychotherapy* (Karnac), *Re-visioning Person-centred Therapy* (Ed), (Routledge), and *Therapy and the Counter-tradition* (co-editor). He has been editor of *Person-Centered and Experiential Psychotherapies*, and associate editor for *Self & Society*. He studied Eastern contemplative practices since 1980 and in 2004 was ordained in the Soto and Rinzai traditions of Zen Buddhism. www.manubazzano.com.

[Return to main programme](#)

The bandaged place (Rumi) - what door might be opened into the soul through our wounds and how might the gaze of soulful supervision help?

Hilda McKinney

This session will look at what and who has a soul if any? What does it look like and what does it do? Is the soul relevant in our lives and if so, how? In this session, we will ask questions and engage you in an exercise to get you thinking about the soul and the wound. Anatomy of a wound and what do we do with the wound and can we heal all wounds? How does Rumi creative words help the soul, our lives and its direction? Can we heal ourselves? Can we bring to our clients, either supervisees or clients gift's that would enable them to process their 'wounds', find healing and find joy in living along with knowing him/herself?

[Return to main programme](#)

Facilitating the experience of soul in supervision and therapy

Dr Els van Ooijen

The aim of this session is to help participants appreciate the importance of making soul an integral part of their practice, recognise the extent to which they may already be doing so and/or feel able to begin to develop ways of doing so. This session will include Dr Els van Ooijen sharing a personal experience of her soul 'crying out' which convinced her of the importance of being open to 'soul' in our work. She will clarify what is meant by 'soul' and, through telling stories from practice, discuss its essential place within supervision, counselling and psychotherapy. You will be led through an 'active imagination' activity, designed to make contact with their own and their client's soul. Participants will be also able to briefly discuss their experience of the exercise with each other. You will be invited to contribute comments and questions in order to have a discussion session to conclude.

Attending this session will enable you to:

- Clarify what the experience of 'soul' means to you personally
- Value the integration of soul in your practice of supervision, counselling and psychotherapy
- Recognise the extent to which you are already working with soul in your practice
- Understand the skills that help others to engage with their own soul experience
- Create an environment that facilitates the awareness and experience of soul

Els van Ooijen has a doctorate in psychotherapy by professional studies from Middlesex University and has a private psychotherapy, counselling and supervision practice in Bristol. She has been a visiting lecturer to the Counselling and Supervision programmes at the University of South Wales for more than twenty-five years, where, together with Dr Lesley Spencer, she co-developed and taught their Postgraduate Diploma/MA in Consultative Supervision. Els has written a number of books and articles, including *Clinical Supervision Made Easy. A creative and relational approach* (2013, PCCS Books) and *Integrative Counselling and Psychotherapy, a relational approach* (2012, Sage Publications), co-written with Ariana Faris. Currently Els is working on a book with the provisional title 'Soul Work: Relational Integrative Therapy in Practice'.

[Return to main programme](#)

A writing space: scribing the soul

Jeannie Wright

The aims of this session are:

- to explore what 'soul' might mean in different cultures e.g. the African American writer, Alice Walker, refers to the Great Mystery;
- to create activities linking soul with reflective practice writing;
- to experiment with finding the hidden wisdom we contain within ourselves through writing and how it connects with supervision;

- to create a writing space where it feels possible to ‘say’ what it is not easy to say in supervision;
- to write, for your own eyes only, getting around the internal censor;
- to discuss the process of that writing in an ethical and bounded environment;
- to acknowledge research in the field of writing for reflective practice.

Jeannie Wright is Visiting Professor at the University of Malta. She has taught at several universities and colleges, and practised in different parts of the world, including Fiji and New Zealand. She has been involved in supervision practice for over 30 years. The second edition of *‘Reflective writing in counselling and psychotherapy’* comes out in late 2018 and adds to her publications on individual and group supervision, both off and online.

[Return to main programme](#)