

## Working in supervision with the impact of trauma within a healthcare setting

Tuesday 19 March 2019, Hilton Glasgow Grosvenor

Time	Session	Presenter
8.30am - 9.00am	Registration and refreshments	
9.00am - 9.30am	Welcome and introductions	BACP Healthcare
9.30am -10.15am	Understanding complex grief and suicide bereavement	Anne Embury
10.15am - 11.00am	The impact of working with trauma and the use of supervision and self care	Lee-Anne Brooke and Andy Malone
11.00am - 11.30am	Refreshment break	
11.30am -12.15pm	Trauma - from a Person-Centred perspective	Anne Smith
12.15pm - 1.00pm	Self care - necessary but insufficient when working with trauma	Elise Marshall
1.00pm - 2.00pm	Lunch	
2.00pm - 2.45pm	To be confirmed	Stephen Queen
2.45pm - 3.30pm	Potentially traumatized by the work environment: Pressing Issues Understood	Elaine Davies
3.30pm - 4.00pm	Refreshment break	
4.00pm - 4.45pm	Question and Answer session	Panel
4.45pm	Event Close	BACP Healthcare

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### Understanding complex grief and suicide bereavement

Anne Embury

**Session aims:** In our practice, working within Healthcare services, we are likely to work with patients/clients affected by significant trauma which may include grief and loss associated with suicide. The session will demonstrate the impact of suicide on the bereaved which may include symptoms of complex grief and trauma; and the increased risk of suicide in this cohort. As therapists, we may also experience the death of a patient/client by suicide. Vicarious trauma and burnout are occupational hazards which can be ignored within the culture of our working environments where supervision and self-care are not always prioritized or valued by managers under pressure to meet targets. The session will be informed by national and international research in the field demonstrated through a power point presentation, with examples from the presenter's work as well as contributions from the audience who might wish to share their own experiences.

**Biography:** Anne is a Senior Accredited Member of BACP with over 20 years' experience working in mental health, including practice as a therapist and supervisor in an IAPT service. As the Lead for Cornwall's Suicide Liaison Service, she developed the first NHS-commissioned trauma-informed postvention (suicide bereavement) service in England. Anne trained at Exeter University, and has a Master's degree in Reflective Practice from the University of Derby. As a Churchill Fellow, she visited Australia and New Zealand in 2014 to research best practice in community postvention and is currently a member of Support After Suicide Partnership's leadership team helping to develop guidance for the delivery of postvention services in England..

### The impact of working with trauma and the use of supervision and self care

Lee-Anne Brooke & Andy Malone

**Session aims:** This presentation will give insight into aspects of working with trauma in an NHS service. Using two case studies, we'll explore the impact of working with trauma on the therapist. We'll also discuss the use of supervision and how we can help support the therapist working in trauma, as well as exploring self care.

### Trauma - from a Person-Centred perspective

Anne Smith

**Session aims:** This session aims to explore working with trauma using a relational approach. The fit in supervision and client work when working within a setting where a treatment model is central. Finding a common ground.

**Biography:** Anne's background is in primary education and after gaining a degree in psychology made the decision to go for a change in career. For a while this led to working with a foot in both camps, as a learning support teacher while gaining experience as a counsellor and building up a private practice.

Her approach is person-centred which was a conscious choice due to witnessing the potential in the children she taught. She gained her post graduate diploma in person-centred counselling at the

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University of Aberdeen and more recently returned to studying to achieve her master degree in 2016. The focus of her master's research was the tribes in the person-centred nation.

Anne continues to practice and has experience as a supervisor of qualified counsellors from different approaches and particular experience of supervising the person-centred student counsellor. Anne is currently the Director of under graduate counselling at the University of Aberdeen and has almost ten years experience teaching the student counsellor at both under graduate and post graduate levels. Anne has also been employed in the third sector as a counsellor, supervisor and practice manager.

### Self care - necessary but insufficient when working with trauma

Elise Marshall

**Session aims:** This session will start by defining vicarious traumatising, using a systemic model to consider the different contextual factors which affect practitioners experience of VT. You'll consider how we may be affected on physical, psychological, social and spiritual levels and the sneaky, unexpected ways in which VT can manifest in our lives, whether as supervisors or supervisees.

The session will look at how we balance the impact of our work in our relationships with supervisees and in our own lives, and some models which we could use to do this. This session will include PowerPoint presentation as well as participative methods.

**Biography:** Elise Marshall is a person-centred counsellor, supervisor and trainer and a registered, accredited member of BACP. Elise is also qualified as a massage therapist and as a yoga teacher. She has over 14 years working with survivors of trauma including with those who have experienced childhood sexual abuse, sexual violence, domestic abuse and torture.

For ten years she worked as a psychological therapist with survivors of torture for a national charity where she also designed and delivered training. Elise is an honorary lecturer at Glasgow University School of Medicine, Dentistry and Nursing and is on the teaching faculty at Temenos Education. Elise has a small private practice as a counsellor, supervisor, yoga teacher and massage therapist as well as providing long term counselling for a small charity working with male adult survivors of childhood sexual abuse.

Elise is a co-founder and director of Mandala Consultants CIC founded in 2018. Their mission is towards working collaboratively to nurture resilience and wellbeing within individuals, communities and organisations and to support social change. [www.mandalaconsultants.co.uk](http://www.mandalaconsultants.co.uk)

### Vicarious Trauma vs Vicarious Resilience in the context of supervision

Stephen Queen

**Session aims:** Resilience is a word banded about currently within the helping profession, it's used in many ways to mean many different things, yet resilience is an essential ingredient in maintaining the health of those charged with working in the helping profession. We need to harness the strengths of resilience and foster supervisory relationships which encourage and promote resilience as a tool to negate vicarious trauma, burnout and compassion fatigue. This can be achieved through effective

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supervision which encourages the building of resilience within supervision sessions. As a passionate supervisor, I seek to harness the resilience of supervisees and be able to discuss those issues, problems or concerns which can overwhelm a therapist and cause health issues. Regardless of the healthcare setting, anyone working within the helping profession deserves to develop their resilience and supervision is the gateway to such an achievement.

**Biography:** Stephen is a BABCP accredited CBT Psychotherapist and Clinical Supervisor. He has completed his advanced clinical training and advanced his psychotherapeutic skills with EMDR and hypnotherapy. As a therapist and supervisor, Stephen is challenging in his approach and seeks to generate the opportunity for change via open communication, trust and encouragement. Challenge is at the heart of CBT and Stephen holds to this principle yet adopts and fosters the core conditions to build strong relationships with his clients.

### Potentially traumatized by the work environment: Pressing Issues Understood

Elaine Davies

**Session aims:** The threat of trauma due to toxic work environments is starting to become a concern. These can come in the form of bullying, caseloads and harassment and lack of good supervision. Can psychological practitioners suffer the same symptoms as those who have been to war or been raped? The pressure is on for practitioners, especially those who work in the NHS. Practitioners are expected to do more with less pay - targets, performance management and micromanagement are becoming the norm. By the end of the forty-five minutes my aim is to put the practitioner at the center of our work in psychological therapies, no matter what the orientation of the practitioner at the centre of a changing world. This session is an opportunity to become the community that offers care and compassion for the practitioner recognizing signs and symptoms of trauma related illness.

**Biography:** Elaine is a practitioner and supervisor and educator for Counselling and Psychotherapy. Elaine's main orientation is Cognitive Behavioural but respects all other modalities. She believes in 'what works for whom'. Her experience is in Education and NHS where she has been concentrating on helping the practitioner to become more resilient and having conversations through conferences and articles on this subject. The practitioner today still needs to be compassionate and empathic but requires a wealth of self-care.

Elaine is a featured writer for HCPJ on issues in Healthcare and qualified to MA in Counselling from the University of South Wales. Elaine has been supervising and managing services in the NHS for ten years. This year she joined Coventry University where the focus is on the wellbeing of the newly qualified practitioner. Elaine is an accredited with BACP and BABCP.