

Supervision Group

Professional development Ongoing group | Course leader Mike Wibberley



This is a monthly group for practising therapists. The main focus of the group is to support members in their work, and to provide a resource in helping therapists manage their working lives in a way that is beneficial for themselves and their clients.

Talking about our work, and the impact it has on us, is essential in maintaining a healthy balance over time, and supervision is the prime place for therapists to be able to do that.

Supervision allows us to gain clarity and perspective, both in the act talking, and in hearing others' reflections and responses to the situations we talk about. The opportunity to reflect on, and learn from, the experience of what we do in practice helps us to deepen our understanding of ourselves and our work. This is part of our constant development as practitioners.

I have worked in individual therapy and groups for over 40 years, and have been a practitioner at Spectrum since 1995. As well as individual clients, I work with ongoing therapy groups and run a men's group as part of the Men for Men Programme. I have also led numerous marathon groups and since 2000 have led the "Call of the Wild" trail/workshops in African wilderness.

Dates 2020

Spring Term: April 30, May 28, June 18, July 16.

Autumn Term: September 24, October 29, November 26, December 10.

How to apply

If you are interested in joining this group please contact Mike Wibberley through the website or on 01908 675339 or by email mike.wibberley@virgin.net.

