

Supervision

In many work environments, supervision means management, or appraisal within guidelines or role.

In this field supervision is more often a reflective and developmental space.

Working with an experienced professional, the practitioner takes both session details and their reactions to explore and expand their awareness, thinking and practice in the interests of their clients.

In some organisations, workers may have a manager who supervises their work from a practical viewpoint, but also need a clinical supervisor for issues raised in the course of client work.

Where in-house management supervision is not offered, for example in the case of a self-employed counsellor, we can provide practice management supervision in addition to normal case-oriented supervision.

Individual or Group?

When people first start working with clinical issues, it can be very helpful to work as part of a small group to share experience and practice. This allows a lot of information and support to happen in a shorter (and cheaper) time.

Practitioners who have been working for longer usually find that individual supervision is more helpful, since the issues raised tend to be more specific to particular clients and therapists, and are not as generalised.

Aswab is a counselling, psychotherapy and training practice, which has been based in Oxford, UK for the past eight years, and moved to Sheffield in 2002.

It was set up by experienced ex-counsellors, trained in psychotherapy at the Chiron centre, in London, to provide a humanistic, holistic-based practice.

Apart from individual and group work, Aswab offers training for counsellors in psychotherapy skills, training in assertiveness and race awareness, and various arts-related growth seminars.

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Psychotherapy
Counselling
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Offering professional supervision to counsellors, therapists and workers in the caring professions

www.aswab.co.uk

Steve Williams

Steve has been a counsellor for twelve years and a psychotherapist for eight. He has worked for mental health centres and in centres offering counselling to violent men.

He has had several years of experience in offering supervision in the following fields:

- Person centred and psychodynamic counsellors
- Workers in mental health charities
- People working with male aggressive behaviour and violence
- Body psychotherapy
- Survivors of sexual abuse and their partners

“Before my counselling and therapy training my background was in management. I see counselling and therapy training as a start, and supervision as an on-going development. My role is to help you find your way, but then help you to find how you get in your own way. This was the great gift I was given in my supervision; my aim is to pass this on.”



"We will provide therapy, personal growth work and professional skills training to individuals and organisations based on their needs and capabilities.

We will base our practice on a belief that emotional damage is a universal truth, that repetitive patterns continue and reinforce that damage, but that an instinctive move towards healing is also a universal truth."

Both Steve and Rashida are UKCP accredited and registered.

Details of our professional qualifications are available on request.



Aswab is an Arabic word, meaning "more relevant, more fitting, more appropriate, more congruent".

www.aswab.co.uk

Rashida Harries

Rashida has been working in the field of mental health for over twenty years. She has supervised:

- Counsellors
- People from ethnic minorities working in mental health
- Arts therapists

She has particular interest and experience in working with survivors of sexual abuse, and those working with children.

“My first training was in client-centred counselling. I see my role as supervisor in helping counsellors and therapists to find their own way of working, and reflecting their inner self in their work.”

NB Supervision may ‘bring up’ personal and emotional issues, but supervision is not therapy. We would support people into therapy, but will maintain strict boundaries regarding the separation of roles.