



ONLINE ART THERAPY SUPERVISION

I know, from experience, the importance of supportive, reliable and informed Therapeutic Supervision. It is vital for centring one's therapeutic practice, to have the client's best interests front and centre, to grow and learn as a practitioner and deliver therapy to the best of one's ability.

For me, Therapeutic Supervision is to be able to regularly 'step back' in order to contemplate the meaning of what has happened in sessions with clients. It is a time and space to reflect and examine ones professional and personal responses to these communications (transference and counter-transference work) and to consider the best way forward for them.

I also know the value of feeling comfortable and safe in the Supervisor/Supervisee relationship. It is a space to really explore and reflect on the therapeutic work and so there needs to be an openness and honesty to do this. I have made mistakes and I have learnt from them. I would not have been able to do so had I felt unable to disclose these mistakes to my Supervisor. Often the best therapeutic work can come from these mistakes, but they need to be explored and comprehended.

I have over twenty years' experience of working as an Art Therapist. I am also trained in EMDR Therapy. I have worked in schools (primary and secondary), surgeries, with charity organisations and the Independent Sector and I have taken the BAAT Introduction to Supervision Course.

I work with children, adolescents and adults in the clinical areas of trauma, anxiety, depression, post-natal depression, learning difficulties and autism. Much of my practice is informed by Attachment Theory and the works of Bowlby, Rogers and Winnicott. I am in support of psychoeducation and enhancing the mind/body understanding for our clients. I was trained Psychodynamically but I am eclectic in my therapeutic approach. I work in all mediums, including digitally and with sand tray as well as dreams, stories and images.

I have created my own jobs for most of my therapeutic career and am well versed in bid writing and liaising with organisations. I am practical and know what it is to adapt the therapeutic practice to fit in with establishment confinements. It is about delivering the best possible service to the clients within the parameters that are set.

If you are interested in having me as your Online Therapeutic Supervisor please message me, stating that you are a Supervisee, so we can arrange a time to talk. I offer a free twenty-minute chat with 'no-strings' so we can see, together, if we would be a right fit.

Thank you for your time. I look forward to hearing from you.

Justine