The Wheel of Supervision

The Wheel of Supervision program was an outcome of Alison Strasser's DProf thesis and has been in place for 20 years. It became a core program when Centre for Existential Practice was formed in 2006. In the intervening years, the program has been extended from 36 hours to 72 hours of experiential theory plus 20 hours of practice groups where participants supervise each other with feedback from the group.

Emerging from the original research, the heart of this training lies with the development of the supervisor's personal and professional identity, empowering them to discover their unique voice and approach to supervision. The frame of the Wheel of Supervision transitions across all theories and modalities requiring the supervisor to become self and other reflective and to realise first and foremost that the client is not in the room but only the supervisee's experience of the client is present.

The course offers a different (philosophical) approach to supervision when compared to other established competency-based training which tend to have an emphasis on a dominant model centric approach. The Wheel of Supervision course attracts participants from various fields including psychotherapy, counselling, social work, coaching and pastoral care.

By introducing participants to the Wheel of Supervision framework, the workshop will provide an experiential exploration of how assumptions, personal theories, and beliefs shape supervisory practice. Attendees will gain insight into the profound impact these elements have on their approach to supervision, their relationships with supervisees, the place of work, and the supervisees' relationships with their clients.

Alison Strasser *DProf (Psychotherapy & Counselling), MA, BA Hons*
Alison is a practising psychotherapist, coach and supervisor. She is also an educator with a passion for imparting how existential themes can be integrated into every therapeutic approach. She was instrumental in creating the existential curriculum for many counselling and psychotherapy trainings in Australia and founded Centre for Existential Practice in 2008. Her doctorate focused on the process of supervision, work that led to a framework for supervisor training, now a major component of CEP's annual program. Alison co-authored *Time-Limited Existential Therapy* with her father, Freddie Strasser and she has recently published a revised edition.

Adam McLean *DProf (Psychotherapy & Counselling), M Counselling, Grad Dip Psych/Couns, BCHC, BN*
Adam is a clinical psychotherapist, supervisor, educator and trainer with over 30 years experience and a continuing interest in the human capacity for opening up to the possibilities in life. He is recognised as a leading group therapist and supervisor and provides training in both areas. Adam's doctorate focused on what it takes to elevate group leader technique to the art of group leader presence, work that now informs CEP's group leadership course as part of their suite of specialist offerings. Adam has a thriving private practice, he became a Director of CEP in 2012 and is helping to shape the organisation's overall direction.