Supervision and Reflective Practice: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Supervision and Reflective Practice: Facilitator Pack

Teaching the course to a group

A facilitator pack · 3 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “Supervision and Reflective Practice” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

Revision 2. This printing was set on 9 November 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

Contents

How to use this pack 1

Part 1 Planning the course 3

1. About Supervision and Reflective Practice 4
2. Planning the sessions 5

How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Supervision and Reflective Practice” to a group: a session for each of its 3 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 3 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About Supervision and Reflective Practice

Supervision is the single structure the profession relies on to keep practice safe and growing, yet almost no one is taught how to use it well: what to bring, how to bring it, and how to let it change what you do. This course teaches supervision and reflective practice as active skills, for practitioners at any stage who suspect they are getting less from both than they could.

The first module examines what supervision is for, its normative, formative and restorative functions, and the models that structure it, including Hawkins and Shohet's seven-eyed model, then teaches the active skill of bringing material: choosing what to present, presenting it honestly including the uncomfortable parts, and working with supervisory feedback rather than merely receiving it. The second module takes reflection beyond the buzzword: frameworks that produce actual change in practice, the evidence on feedback and self-assessment, whose inaccuracy is one of psychology's more humbling findings, and preparation for one day supervising others.

Substantial written lessons with key points and immediately applicable practice tasks, supported by a study tutor. Ten hours of CPD with around nine months of access, a final assessment, and a personalised certificate on passing.

By the end of the course, participants will be able to

- Use supervision at depth, bringing process, countertransference and mistakes, not only cases
- Apply a structured model of supervision, including the seven-eyed model, from both chairs
- Build reflective practice into your working week with discipline
- Recognise parallel process and use it as information
- Give and receive feedback in supervision honestly and usably
- Develop your internal supervisor: reflection-in-action during the session itself

Who it is for

The course is pitched at practitioners with a foundation in the subject who want to apply it with more confidence.

At a glance

- 3 sessions of about 195 minutes, one for each of the course's modules.
- The online course is accredited for 10 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	Foundations of Supervision and Reflective Practice	4	195 minutes
2	Managing Dynamics and Therapist Well-Being	5	195 minutes
3	Advanced Frameworks and Reflective Tools	5	195 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.