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What is Professional Supervision?

Supervision is a process that allows professionals the opportunity to clarify and resolve, with an experienced fellow practitioner, issues and dilemmas presented by their clients and workplaces. This process has been found to broaden perspectives on dealing with clients, maintain good clinical skills, enhance work performance, reduce risk of burnout, expand professional links, and increase job satisfaction. It is also essential in order to comply with the increasingly rigorous standards of the various professional associations and regulatory agencies. Good practice requires regular supervision, particularly in the case of new graduates and sole practitioners. It complements, and in no sense replaces, regular line management supervision.

Professional Supervision at the University of Melbourne

The Professional Supervision Unit is committed to assisting fellow professionals achieve maximum standards and personal satisfaction in the workplace, and provides a place and opportunity to raise issues, explore problems, and find new ways of handling both the situation and oneself. While the Unit primarily works with psychologists and social workers, it is also available for other professionals employed as counsellors in:

- hospitals
- community health centres
- private practice
- schools
- local government
- state and federal government departments
- child welfare
- centres against sexual assault
- non-government organisations
- other tertiary institutions

Established in 2001, the University of Melbourne Counselling and Psychological Service’s Professional Supervision Unit has since supervised more than 350 professional employees, many over several years, in a great variety of settings.

Who Offers the Supervision?

Supervision is provided by qualified psychologists and social workers, many with management as well as clinical experience, employed at the University of Melbourne Counselling and Psychological Service. Backgrounds and training include:

- family, narrative and systems therapy
- psycho-dynamic counselling
- brief therapy and crisis intervention
- cognitive behavioural therapy
- rational emotive therapy
- management, organisational psychology and mediation
Supervisors offer assistance in the following areas:

- relationships with partners, friends, family, peers or colleagues
- risk and crisis management
- cross-cultural issues
- life transition
- mental health
- addiction
- disability
- workload, time and stress management
- gender and sexuality
- discrimination
- harassment and abuse
- trauma
- grief/bereavement
- workplace/organisational issues
- international education
- change management
- managing critical incidents
- training needs analysis
- burn out
- communications
- promotion of cultural diversity
- team building
- employees at risk

We regret we are currently unable to offer professional supervision for psychologists seeking registration

Finding the Right Supervisor

Ideal supervisors are those who respect, support and nurture supervisees’ resources and strengths, in a learning environment conducive to professional development. This is often an intimate process, and you might like to ask yourself:

- what are my goals in seeking supervision?
- how will I evaluate my supervisor?
- what specific techniques or tools do I want to learn?

Evaluation and Quality Assurance

Evaluation of the service occurs in several ways:

- Six-monthly review by supervisor and supervisee
- Completion of regular evaluation form by supervisee

Quality of supervision is guided by the British Association of Counselling Code of Ethics and Practice for Supervisors of Counsellors. In some circumstances, another experienced counsellor may be requested to assist in addressing specific issues arising in supervision that require more detailed examination.
Frequently Asked Questions

How often does supervision occur?
Once a fortnight, or monthly, or as otherwise arranged.

How long is each session?
Usually 1 hour.

Is it possible to have professional supervision for only a few sessions?
Certainly, just discuss it with your supervisor in the initial telephone call.

What is the scope of discussions?
Clinical, workplace, career, professional, legal and ethical issues.

How is my supervision reviewed?
Usually each six months. Individual supervision agreements are drawn up as required.

How about supervisees in regional areas or interstate?
Please discuss arrangements for telephone or Skype supervision with your supervisor.

Do you offer individual or group supervision?
Both. Group supervision has a maximum of 4 participants.

How much does it cost?
Individuals: $140 per session plus 10% GST
For 2 people: $180 per session plus 10% GST

How is payment made?
Supervisees are invoiced monthly and can pay via Bpay, direct deposit, cheque or credit card.

What times are available?
Generally business hours, other times by arrangement.

What is the application process?
Once we receive your application, together with CV, a counsellor is assigned to ring and arrange the meeting.

How long does the process of finding the supervisor take?
It takes at least two weeks from receiving the application to arrange the first session.

What if, after the first meeting, I feel the ‘match’ isn’t a good one?
Please let the Supervision Unit Co-ordinator know as soon as possible after the first meeting, and we will endeavour to arrange a better match for you. We encourage clear and honest communication at all times.
Current Supervisors

**Michael Di Mattia**  
BA, GDipEdPsych, MCounsPsych M, MAPS CCOUNS  

A counselling psychologist, Michael has worked in the tertiary sector for the past 10 years as a counsellor, supervisor and group facilitator and has past experience working in community health and private practice. He has worked with a range of psychological presentations and therapies with a particular interest in interpersonal/relational approaches. Michael has supervised psychologists and psychotherapists working in various settings, and has an interest in the self-care of therapists.

**Jon Finch**  
BAppSc (Human Movement), BBSc (Hons), DPsysch (Health), MAPS  

A clinical psychologist, Jon has worked in the corporate sector, state government and federal government supervising clinicians dealing with trauma, and has a strong interest in the use of evidenced based therapies for treatment, especially for PTSD. He has worked with people exposed to a wide range of traumatic events: soldiers, war veterans/peace keepers, police, victims of assault, sexual assault and domestic violence, and those involved in motor accidents.

**Allison Macdonald**  
BSc, BEd(Couns), MA (Couns Psych), MAPS CCOUNS  

With over seventeen years’ experience as a psychologist in tertiary education, Allison is interested in working collaboratively and holistically with clients, seeking to take an approach which matches with the client’s presenting issues, personality and beliefs. She draws on a range of approaches including client centred, cognitive behavioural, psychodynamic and mindfulness based approaches. She is particularly interested in supporting counsellor resilience, work life balance and self-care to ensure career sustainability.

**Wolfgang Mayr**  
PhD, Bioenergetic Analyst, MAPS  

A psychologist interested in the supervisee’s body awareness, exploring the fringes of psychodynamic and body focussed approaches, Wolfgang believes supervision provides a precious space to debrief, develop supervisees’ own resources, and explore transference / counter-transference. As supervisor for teams, he combines methods from body-focussed, art, gestalt and group therapy, and organisational psychology.
Sarah Murgia Lewis  
BA(Hons), MPsych(Clin), MAPS CCLIN

A clinical psychologist, Sarah has worked in public and private mental health settings with adolescents, adults, elderly people and culturally diverse populations providing secondary consultation, peer supervision and training to mental health professionals and postgraduate students, in transcultural psychology and clinical mental health. Sarah favours cognitive behavioural, solution focused, acceptance, and mindfulness approaches and values the process of supervision in providing professionals with the opportunity to develop skills through reflection, support, and constructive feedback.

Gabrielle Perversi  
BBSc, MPsych (Clin), MAPS CCLIN

A clinical psychologist with counselling, consulting and management experience, Gabrielle has worked in specialist government agencies, general counselling practices, rehabilitation, and, for the past 15 years, in the tertiary sector. In counselling and supervision, she draws from evidence-based and psychodynamic approaches, and has a strong interest in the therapeutic benefits of mindfulness meditation. She is a trained facilitator of MBSR, MBCT and Interpersonal Mindfulness programs.

Kirk Ratcliff  
BA(Psych), BPsych(Hons, PGradDip, DPsych (Clin), MAPS CCLIN

Kirk is a clinical psychologist with experience working in public mental health, private practice and in research settings. His work is informed by Cognitive Behavioural Therapy, Interpersonal Therapy, ACT and Mindfulness-based approaches. Kirk completed his doctoral thesis on the application of acceptance-based approaches to coping with medication resistant psychotic symptoms. In supervision, Kirk aims to provide a supportive environment which fosters a sustainable and vital way of working in this challenging field.

Felicity Rousseaux  
BSW, MSW, GCert (Family Therapy), MAASW

Along with settings such as community health and education, Felicity has worked in services for survivors of trauma in counselling, clinical supervisory and management roles. Since 2002, she has provided clinical supervision to social workers and psychologists, trained counsellors nationally and internationally in trauma counselling, and published in both book and journal sources. Felicity uses ideas from psychodynamic, systemic and CBT therapies.

Lis Shugg  
Dip App Sci, BA, BEd (Couns), GDip Mental Health Science (Infant-Parent), MAPS CCOUNS

A psychologist, Lis has worked at CAPS for over fifteen years. Her main areas of interest include late adolescence-young adulthood, infant-parent relationships and attachment. Using an eclectic approach to her work from process-oriented to mindfulness-based approaches, with psychoanalytic and psychodynamic approaches as major influences, she sees supervision as a fundamental aspect of psychological practice.
Ethel Tillinger  
**BA, BEd (Couns), DipEd, MPsyChStud, MAPS CCOUNS**  
Early in her career as a psychologist, Ethel worked in schools as a Guidance Officer, with children, adolescents and families and also school systems, and later co-ordinated a project using a whole school approach to discipline and student welfare. Recently her interest has been in psychodynamic approaches to counselling, using groups to facilitate change, and the internal conflicts that prevent people from being who they want to be.

Orania Tokatlidis  
**BBSc(Hons), MPsych(Clin), GDip (OrgChange&Dev), MAPS CCLIN**  
A clinical psychologist since 1990, Orania has worked in public mental health services including psychiatric assessment and treatment services, as a training and organisational consultant in the State Government Department of Health, and more recently in consultancy and client services at CAPS within the University of Melbourne. Areas of interest are facilitating wellness, work-life balance, organisational change, coaching for managers, and professional development and supervision for health professionals.

Amy VanLangenberg  
**BA, GradDipPsych, MPsych (Counselling), MAPS CClin**  
Amy is a clinical psychologist with experience in private practice and community settings. She has worked with a range of issues such as anxiety, depression, stress, relationship problems, disordered eating and substance abuse. She uses treatment modalities such as cognitive behavioural therapy, mindfulness, solution focused therapy, acceptance and commitment therapy, interpersonal psychotherapy and motivational interviewing. Areas of interest include building resilience, acceptance and mindfulness, and Amy aims to provide a supportive environment for both clients and psychologists in supervision.

Glenys Wilson  
**BBSc, Dip Psych, MPsych(Clin), Grad Dip (Hypnosis), MAPS CCLIN**  
Working in child, adolescent, adult and family mental health, intellectual disability, drugs and alcohol, Glenys also has considerable experience in management and private practice, and with the Veterans and Veteran’s Family Counselling Service. Recently Glenys has developed expertise with Aspergers Syndrome and High Functioning Autism. She brings humour and practicality to supervision, and likes to look at how counsellors are affected by and respond to their clients and self-care in a demanding career.
Please note:
Counselling and Psychological Services' Professional Supervision Unit does not undertake or assume responsibility for supervisees’ performance of duties in the workplace, or for adherence to professional guidelines or responsibilities.
Application Form

Please PRINT CLEARLY, and attach extra page if desired

Date Received: ____________

Name: ________________________________________________________________

Address: ____________________________________________________________________________

____________________________________________________________________________

Postcode: ______________

Work phone: __________________ Mobile phone: _____________________

Email: _____________________________________________________________________________

Current position/occupation: _______________________________________________________

Employer (if not self-employed): ___________________________________________________________________________________

Responsibilities: ______________________________________________________________________________________________

____________________________________________________________________________

Qualifications (include length of course/s completed and year of graduation): ________________

____________________________________________________________________________

Membership of professional organisations: ________________________________________________

____________________________________________________________________________

Recent supervision history: ______________________________________________________________________________________

____________________________________________________________________________

Reason/s for seeking supervision: __________________________________________________________________________________

____________________________________________________________________________

Specific supervision requirements (e.g. AHPRA, admission to APS Clinical or Counselling College, AASW College of Social Work): ______________________________________________________________________________________

____________________________________________________________________________

Preferred supervision days/time: ______________________________________________________________________________________

BILLING INFORMATION

Contact name: ________________________________________________________________________________

Organisation / Company name (if applicable): __________________________________________________________________________

Address: ______________________________________________________________________________________

____________________________________________________________________________

Phone number: ________________________________________________________________________________

Email: ______________________________________________________________________________________

ABN number: ________________________________________________________________________________

Please complete form and return with full and recent resume to: Supervision Unit Co-ordinator, Counselling and Psychological Services, University of Melbourne Level 2, 138 Cardigan Street Carlton VIC 3053 or email psu-enquiries@unimelb.edu.au You will then be contacted to discuss further arrangements. Thank you.