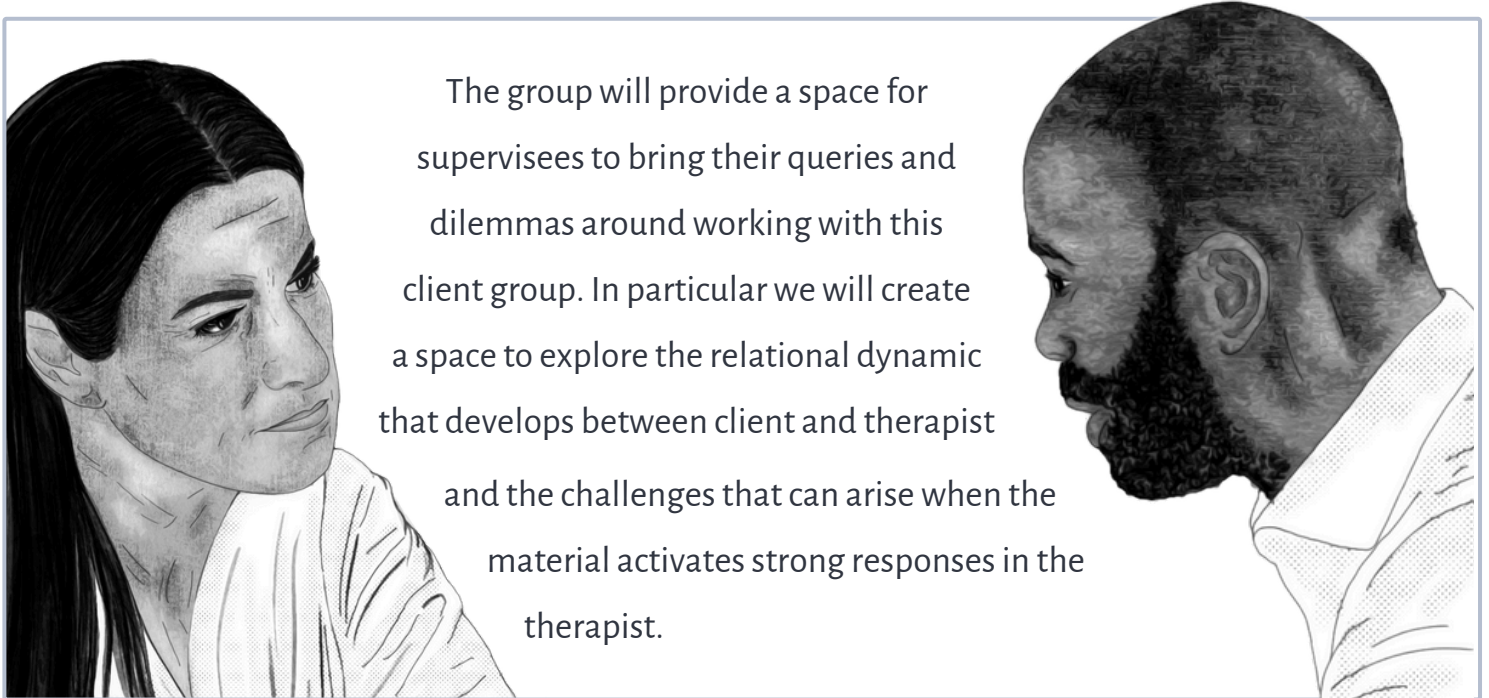


**Beacon House Supervision
Group for Therapists
Working with
Complex
Trauma in
Adults**



ABOUT THIS SUPERVISION GROUP

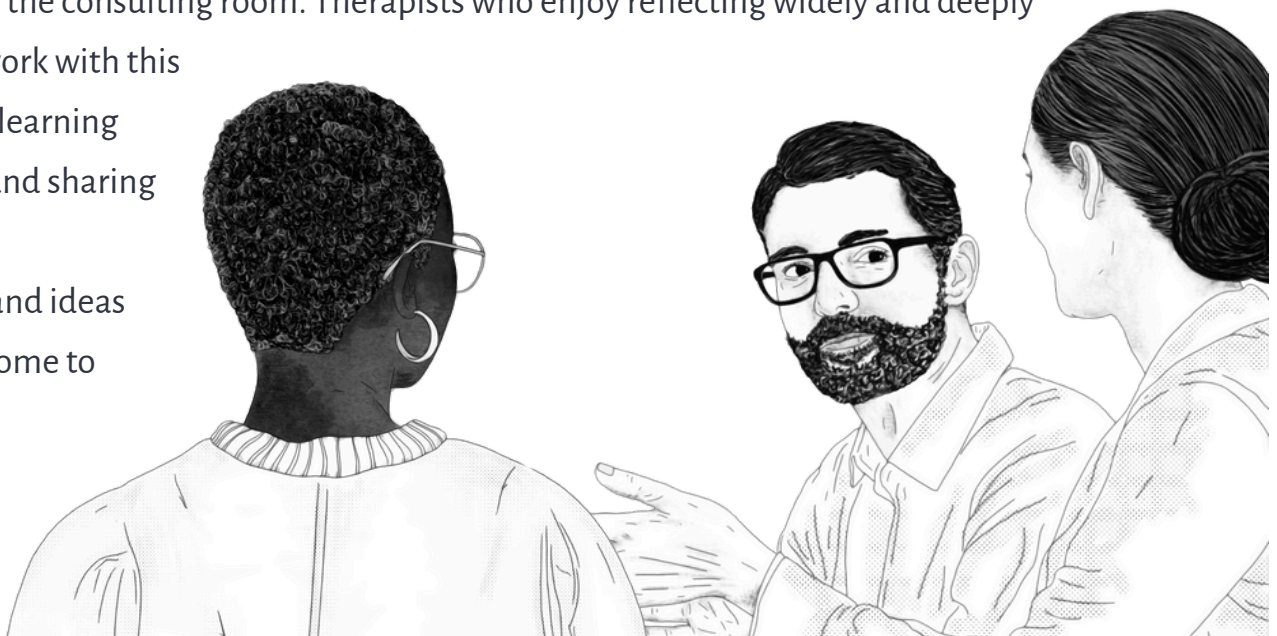
This is a supervision group for therapists and professionals working with adult clients who are living with the on-going impact of childhood adversity and trauma. This may include, but is not limited to, adults with a diagnosis of Complex Post Traumatic Stress Disorder (C-PTSD).



The group will provide a space for supervisees to bring their queries and dilemmas around working with this client group. In particular we will create a space to explore the relational dynamic that develops between client and therapist and the challenges that can arise when the material activates strong responses in the therapist.

This is a client group who can present with beliefs about themselves as being damaged, defeated or worthless as well as feelings of shame and guilt. There may be both a strong desire for help and alongside this a belief that nothing will make a difference. Clients may also have difficulty trusting others and sustaining relationships and this can often present in the therapeutic relationship.

The supervision group will offer an opportunity for therapists (with the support of the supervisor and the other supervisees) to zoom out and consider with some distance the dynamics that are happening in the consulting room. Therapists who enjoy reflecting widely and deeply about their work with this client group, learning from others and sharing their clinical experiences and ideas are very welcome to join this supervision group.



ABOUT THIS SUPERVISION GROUP (CONT)

The supervision group will support therapists to reflect on:

- How to respond when complex trauma shows up in the therapeutic relationship
- Recognising and working with transference, projection and relational dynamics.
- The dance of rupture and repair
- Understanding and working with dissociation, parts and multiple self-states in clients
- Understanding and containing risk.

GROUP COMMITMENT

Participants will be invited to sign up for 6 monthly supervision sessions at a time. The group will be 'closed' so that we can create safety and predictability within the space.

THIS SUPERVISION IS SUITABLE FOR:

Qualified counsellors, psychotherapists and clinical psychologists working with the impact of adverse childhood experiences and trauma in adult clients.



ABOUT THE SUPERVISOR

Teresa Finlay is a highly experienced UKCP accredited psychotherapist and clinical supervisor.

Teresa has over 15 years' experience of working with adults who have experienced childhood adversity and trauma, including those diagnosed with personality disorder and C-PTSD. Teresa began her psychotherapy career working in a therapeutic community and then worked for several years in private practice, through community-based clinics and with The University of Sussex counselling service where she continues in her role as clinical supervisor.

Teresa trained as a clinical supervisor with the Guild of Psychotherapists in London and has over 5 years' experience of supervising teams of trainee and qualified therapists.

Teresa originally trained as a psychoanalytic psychotherapist and her thinking is still informed by the Object Relations and Relational traditions within this.

In addition to her core training, Teresa is also a qualified mentalization based practitioner and has undertaken further training in Janina Fisher's approach to working with complex trauma and in Internal Family Systems. Teresa draws on all on these models of working in her supervision practice and you can [read more about her on our website here.](#)



ABOUT BEACON HOUSE

Teresa is supported to offer supervision from within the Beacon House team. Beacon House is a specialist service offering assessment and therapeutic interventions to young people, families and adults who have experienced early relational trauma. We are passionate about offering therapy, training and supervision underpinned by trauma-informed values and ethics. You can read more about us here: www.beaconhouse.org.uk.

GROUP DETAILS

The first supervision group will **start in September** (and monthly after that):

8th September 2025

6th October 2025

3rd November 2025

8th December

12th January

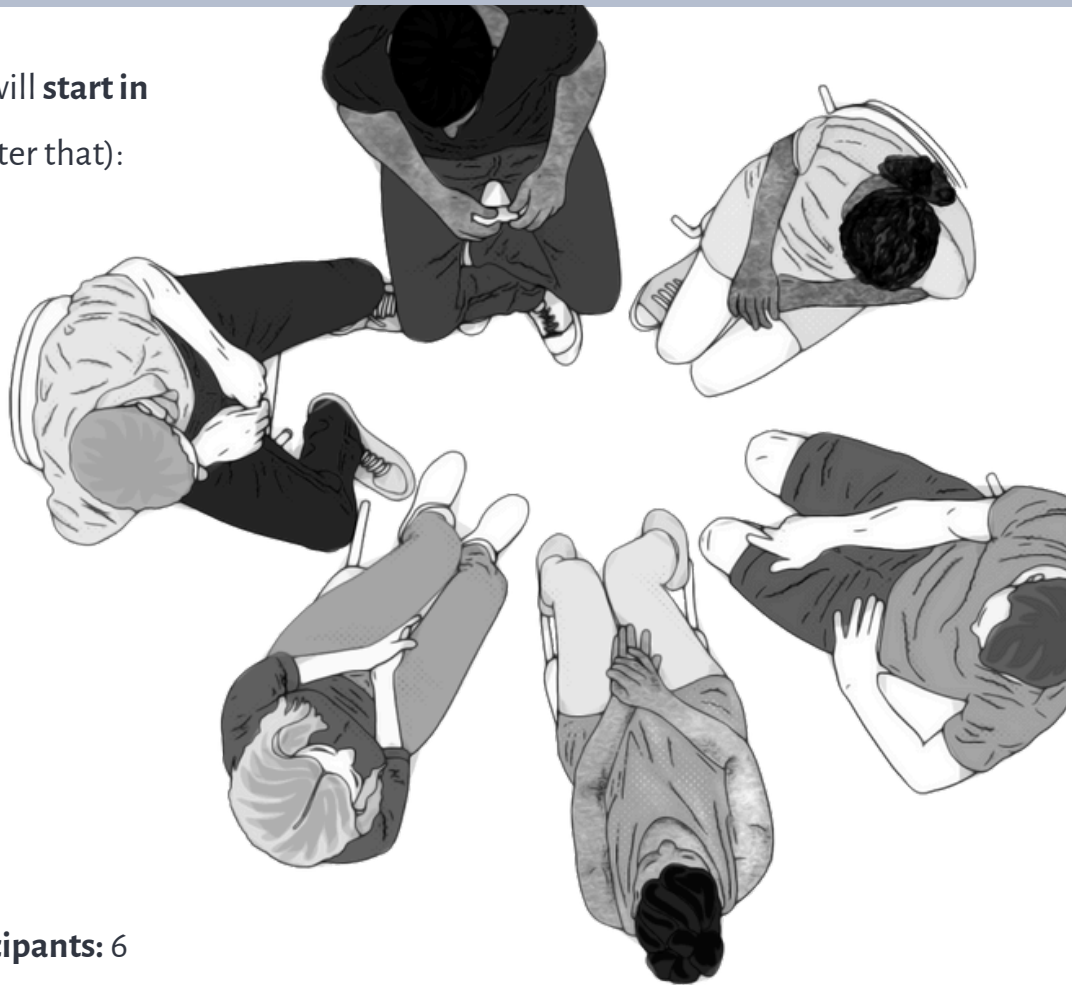
10th February

Time: 3pm - 5pm

Venue: Online via Zoom

Price: £90 per 2 hour session

Maximum number of participants: 6



TO REGISTER YOUR INTEREST

Please get in touch with us on 01444 413 939 or email us at supervision@beaconhouse.org.uk

We hold a waiting list should the group be full at the time of your enquiry.

