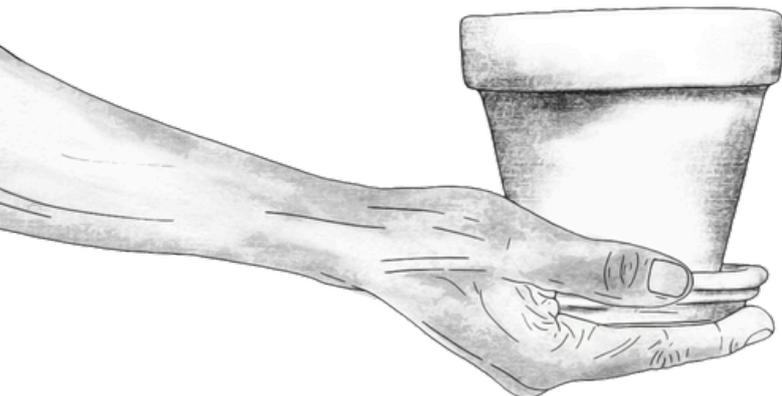




Beacon House

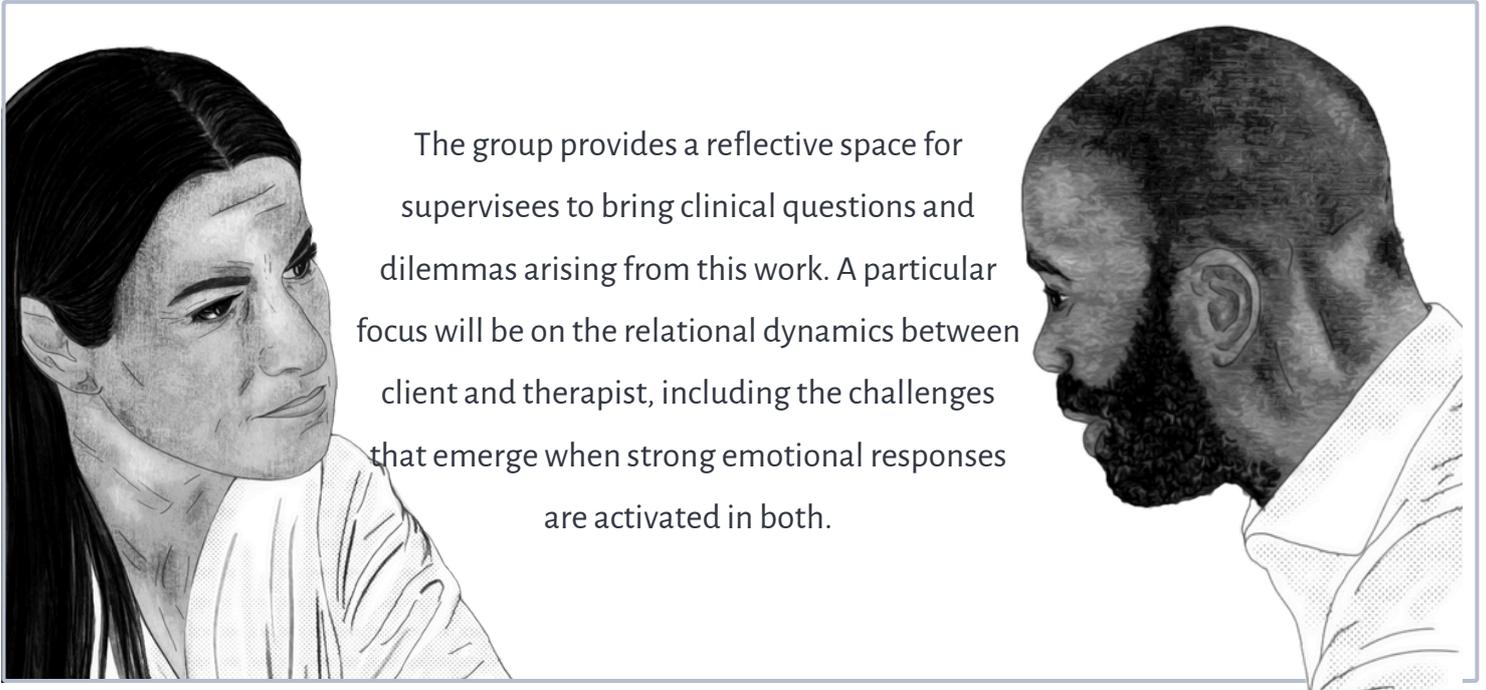
Therapeutic Services and Trauma Team

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



ABOUT THIS SUPERVISION GROUP

This supervision group is for psychologists, counsellors, psychotherapists, and other professionals working with adults affected by childhood adversity and trauma, including (but not limited to) those with a diagnosis of Complex PTSD (C-PTSD). Repeated traumatic experiences in childhood—particularly complex, relational and attachment trauma—can have lasting effects across the lifespan, impacting physical, psychological, and emotional wellbeing, self-esteem, relationships, mentalizing, and communication.



The group provides a reflective space for supervisees to bring clinical questions and dilemmas arising from this work. A particular focus will be on the relational dynamics between client and therapist, including the challenges that emerge when strong emotional responses are activated in both.

Clients in this group may struggle with shame, guilt, and deeply held beliefs of being damaged, defeated, or unworthy. Alongside a strong desire for support, there may also be a sense of hopelessness or mistrust, which can play out within the therapeutic relationship.

With the support of the supervisor and fellow group members, therapists will have the opportunity to identify, reflect on, and better understand these dynamics as they arise in the consulting room. Therapists who value thoughtful, in-depth reflection, shared learning, and collaborative exploration of clinical work are warmly invited to join.



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 as both a therapist and 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. She has run several successful supervision groups both in private practice and with Beacon House.

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 Trauma Informed

Stabilisation and Treatment model (TIST) Internal Family Systems

and EMDR. Teresa draws on all on these models of working

in her supervision practice and you can read more about

here on our website

[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 March**
(and monthly after that) The dates are:

Wednesday 18th March 2026

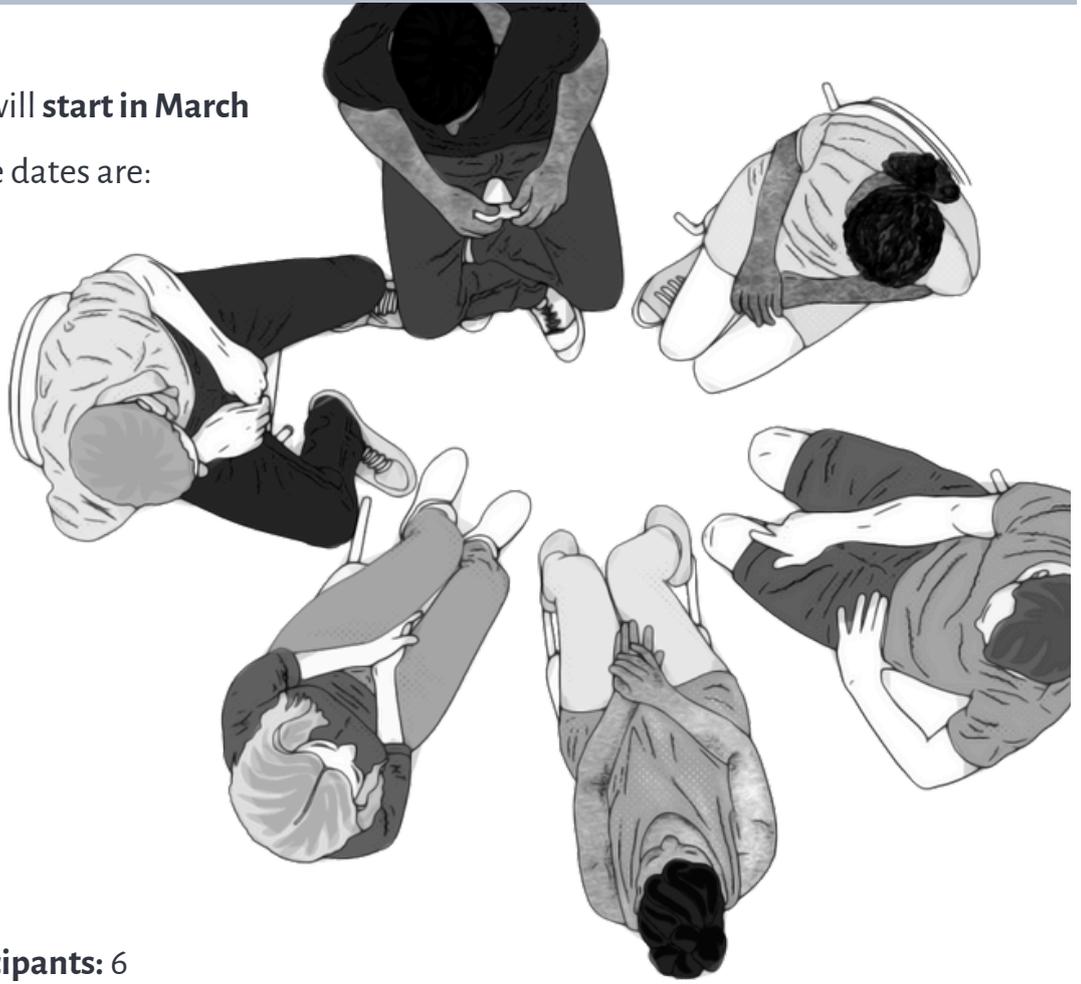
Wednesday 15th April 2026

Wednesday 13th May 2026

Wednesday 10th June 2026

Wednesday 8th July 2026

Wednesday 5th August 2026



Time: 1pm-3pm

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.

