

Online Supervision Group for Health and Care Professionals Supporting Individuals Affected by Trauma



Including Social Workers, Osteopaths, Chiropractors, Physical and Mental Health Nurses, Emergency Services staff, Prison and Probation staff

ABOUT THIS SUPERVISION GROUP

The impact of trauma on individuals can be wide-ranging, complex and at times difficult to navigate. This may feel overwhelming for Health and Care Professionals, particularly when clients or service users are easily triggered, or when ongoing exposure to trauma contributes to secondary or vicarious trauma in the professional.

Regular supervision is essential self-care for those working with trauma. It helps minimise burnout, reduces the risk of secondary trauma and supports professionals to feel more confident and competent in what can be highly demanding work.



This supervision group offers a supportive space for Health and Care Professionals to:

- Reflect on their knowledge, skills, and practices related to trauma
- Develop a deeper understanding of developmental trauma and PTSD, including their impacts and triggers
- Explore and make sense of their experiences, thoughts, and emotions connected to their work
- Learn effective and appropriate approaches for supporting clients and service users

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:

Social Workers, osteopaths, chiropractors, physical and mental health nurses, emergency services staff, prison and probation staff and other health and care professionals.



ABOUT THE SUPERVISOR

The group will be led by Lucinda Weis, one of our Dramatherapists who is also qualified in Integrative Embodied Psychotherapy.

She is an experienced Clinical Supervisor, with many years of supporting both individuals and professional networks working with clients and service users who have experienced trauma. Her approach encourages exploration and enquiry, using metaphor and attention to the body's felt sense alongside words, enabling a deeper and more holistic understanding of complex issues.



ABOUT BEACON HOUSE

Lucinda 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



TO REGISTER YOUR INTEREST OR TO FIND OUT
IF THIS GROUP IS SUITABLE FOR YOU...

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.

