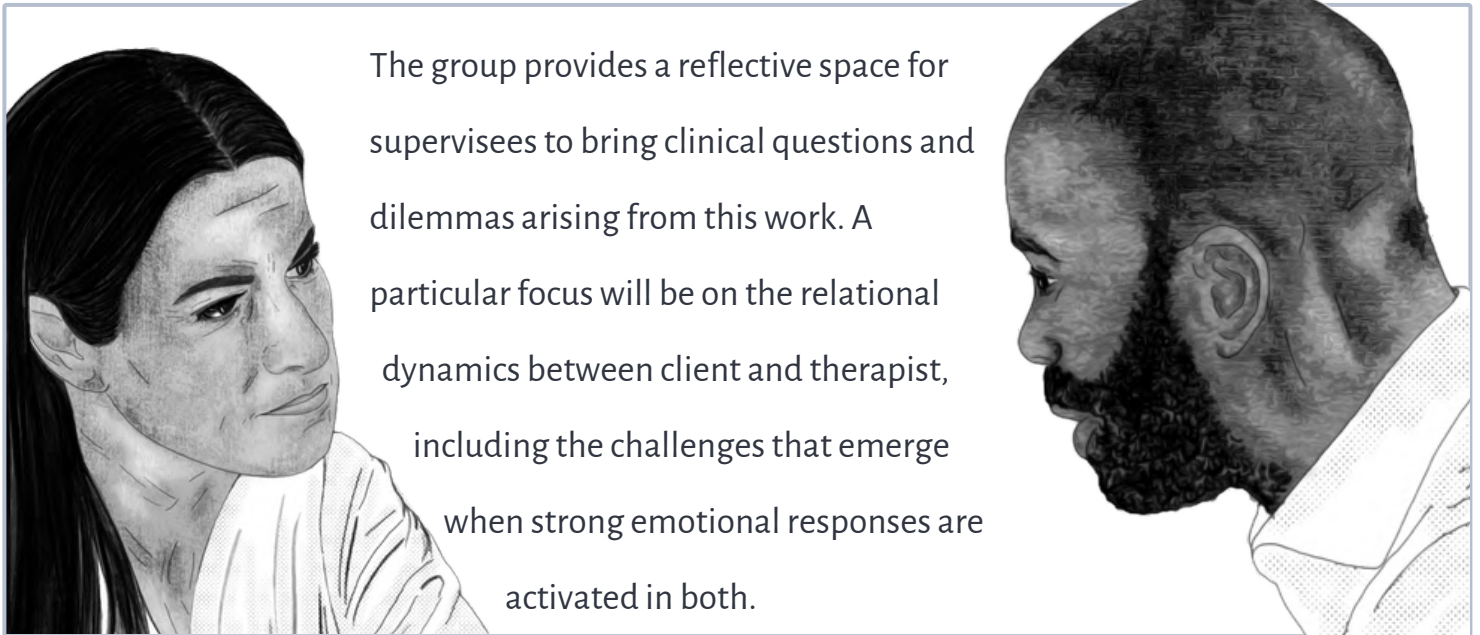


**Beacon House Supervision
Group for Therapists
Working with
Complex
Trauma in
Adults**



ABOUT THIS SUPERVISION GROUP

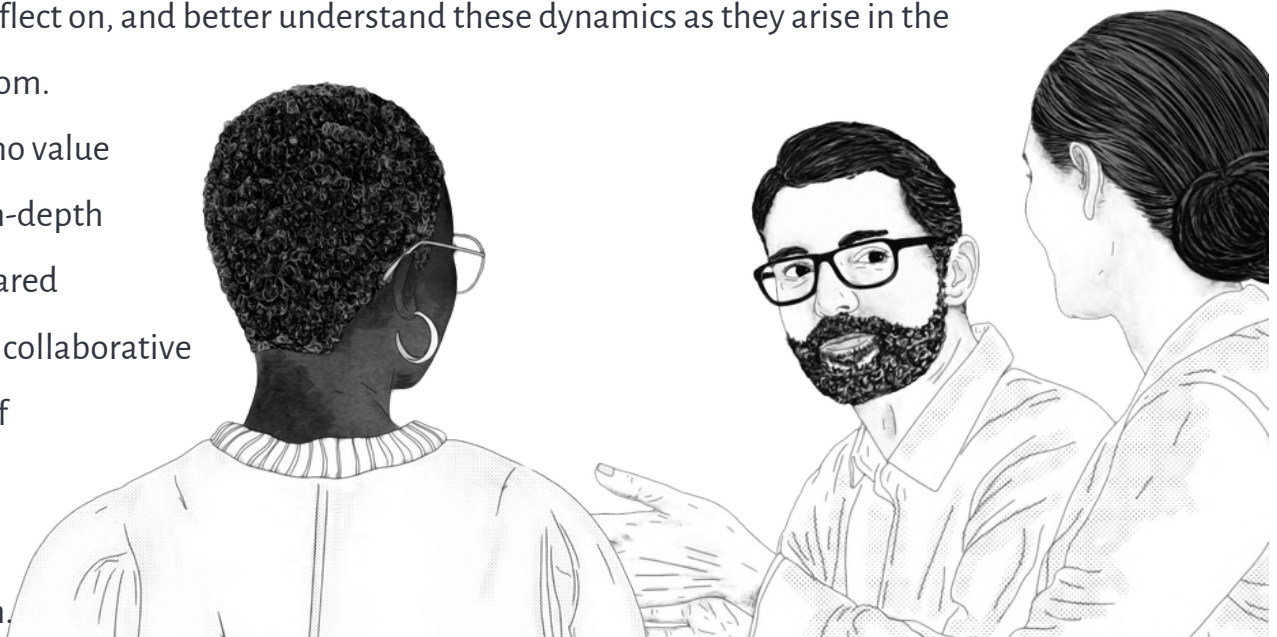
This supervision group is for psychologists, counsellors, psychotherapists, and other professionals working with adults affected by childhood adversity and trauma, including (but not limited to) those with a diagnosis of Complex PTSD (C-PTSD). Repeated traumatic experiences in childhood—particularly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



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 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



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.

