Developing a Compassionate Internal Supervisor

PRACTICE SHARING

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Acknowledgements

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Overview

• Based on a study by Bell, Dixon, and Kolts (2017)
  • CBT trainees
  • Adapted “Perfect Nurturer” (Lee, 2005)
  • Brought difficult issues arising from clinical work to compassionate internal supervisor imagery
  • Found helped to target flow of other-to-self compassion directly related to clinical work
Aims

Pilot with trainee clinical psychologists as part of MRP
Builds on from existing one day CFT workshop in first year
Is it acceptable and feasible to offer routinely as part of training?
Are there any barriers to engagement?
What are the potential benefits/ adverse effects?
Method

Skills based training in a group format for first year trainees

Five sessions (2 x 2 hours; 3 x 3 hours) that fit alongside timetable

- Develop compassionate internal supervisor
- Practice bringing difficulties from clinical work to compassionate internal supervisor
- Working with obstacles (fears/blocks)
- Compassionate letter writing to consolidate skills

Facilitated by course member

Evaluated using questionnaires and qualitative feedback
Hopes and challenges

Promote well-being and self-compassion

Develop skills and compassionate mindset for addressing difficulties in clinical work

Skills training vs. “therapy”

Confidentiality and safety

Initial survey found 22/30 trainees would take part

- “Not enough time” main obstacle
Questions?
References


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