

## Supervision Training for Music Therapists

CPD Supervision Training module USPKJD-30-M

The music therapy department of the University of the West of England offers a bespoke supervision training to music therapists which spans September – May each year. It involves a day a month on Fridays at UWE and can contribute 30 credits to a 60 credit MA 'top-up'. The course has run for 3 years.

Feedback

*I feel so much more confident to set up a group supervision practice, and very confident to use musical processes in my supervision generally.*

Fantastic: the experience of getting together with other music therapists who are all developing their practices has changed how I feel about music therapy. We will continue to meet regularly now the course has finished.

*The training has allowed me to reconnect with my own clinical work in a deeper way*

### Course Overview 2019-20

#### *Participants*

This module is open to qualified music therapists only. As this is the only training of its kind currently in the UK the intake is necessarily broad and requirements need to be flexible enough to respond to the need of a diverse cohort.

#### *Learning spaces*

The idea is to use the module to create three types of spaces which happen each time we meet. This will allow an even balance between experiential, theoretical and practice-based learning.

#### 1. Seminar space

Each month we will ask you to prepare a paper on supervision for discussion in the form of a seminar. Often papers will be selected depending on participant interest.

#### 2. Experiential space

The experiential space is a monthly session where music is used to explore the supervisory process in a number of ways. The aim is to stimulate creative and safe practices that are used across European MT supervision practice.

Group supervision space

This is a facilitated monthly small group supervision space: people may be grouped together according to experience, but this will be determined during the induction.

#### *Aims of training for participants*

- To develop or refine safe supervision practices
- To develop or refine 'good enough' supervision practice which can be presented as 'best practice'
- To develop or refine a sense of creative supervision practice
- To be equipped with effective group and peer supervision practices

#### *Outcomes by the end of the training*

- Participants will have deepened and expanded their practice.
- Participants should be confident to know how they want to develop as a supervisor, in what direction, and how.

#### *Placement-based work*

This will involve one piece of supervision process where the participant supervises at least one individual or a group over the period of the training (September to May). This will take place in their workplace(s). Participants may explore the supervision of a trainee, a practising music therapist or another health professional. They may also or alternatively follow the process of a supervision group they facilitate. If this is shared facilitation they will also need to explore the relationship with their co-facilitator. A minimum of 12 hours supervision should be provided during this period. They may also receive supervision on their supervision externally to the course. This in addition to the support provided by the supervision group at UWE and will be discussed during the induction.

#### *Process*

Participants will follow through the supervision process of at least one supervisory relationship through a reflective journal, supervision notes and a final viva presentation. Tutors will also ask participants to write reflective notes relating to each supervision group received at UWE. Written materials will be presented in a portfolio at the end of the course.

#### *Tutors*

All three music therapy tutors on the course have a minimum experience of 20 years of practising music therapy supervision, and also have extensive experience of student training. However, we are all still learning.

#### *On Completion*

On successful completion of the assignments participants will receive 30 credits which could contribute to an MA in Therapeutic Music Studies. Participants opting for the 'classroom rate' do not need to submit the assignments and will not receive credits on completion. However, they will still be expected to keep a reflective journal and supervision notes, and may attend the viva presentations. Viva presentations in May which will involve presenting a case study to two examiners and the training cohort for 30 minutes with 15 minutes for discussion (45 minutes in total).

## *Detailed course content*

### Introduction to Supervision Models

- Supervision in healthcare
- History of music therapy supervision
- Co-creation of professional identity
- Use of musical processes in supervision
- Educational factors in supervision
- Psychodynamic supervision
- Importance of listening and hearing
- Different media

### Use of creative materials

- Musical Dyadic improvisation
- Musical Group improvisation
- Parallel process within musical processes
- Use of recorded music within supervision
- Use of visual materials within supervision
- Use of other art forms for processing experiences
- Use of creative writing
- Use of sculpting

### Professional practice

- Establishing a contract
- Record keeping
- The context of ethics and professional conduct
- The Creative Arts context
- Recording/ illustrative records/GDPR
- Skype supervision

### Issues

- Working with difference
- Supervision of trainees
- the new practitioner
- the experienced practitioner
- keeping the client in the frame
- Multicultural practices
- Institutional dynamics

### Group supervision models

- Theory and practice of Balint supervision

- Ahonen group supervision model
- Good practice in group supervision
- Working with other professional groups
- Case studies and scenarios

#### Ethics and professional context

- Professional body requirements
- HCPC code of conduct, performance and ethics
- Supervisory practices within the arts therapies
- Supervisory practices within psychotherapy

This module will equip students to develop their own practice as a music therapy supervisor in varying contexts and to recognise their own limitations within this process.

The course dates:

September 19<sup>th</sup> and 20<sup>th</sup> (Induction)

October 25<sup>th</sup>

November 22<sup>nd</sup>

December 13<sup>th</sup>

January 24<sup>th</sup>

February 28<sup>th</sup>

March 28<sup>th</sup>

April 24<sup>th</sup>

May 15<sup>th</sup> (Vivas)

If you are interested in applying please contact Cathy Warner, the module leader on

[Catherine.Warner@uwe.ac.uk](mailto:Catherine.Warner@uwe.ac.uk) to arrange a discussion by phone

Also use this link for course detail and fee structure.

<https://courses.uwe.ac.uk/USPKJD30M/supervision-training-for-music-therapists>