

# Supervision As Inquiry

A Workshop for Experienced Therapists Interested to Explore the Premises of their Evolving Practice

**Date: Sat, April 18**  
9 am to 6 pm

**Venue: Totnes**

**Cost: £90**  
Lunch included

**4 to 6 (max)**  
**Participants**

## Structure of the day

Group discussion will be the primary mode of engagement and learning.

Participants will be required to prepare for the workshop by

- doing some prescribed reading
- bringing case material pertinent to the questions and themes of the workshop.



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## Facilitator: Farhad Dalal

### Rationale

Day to day psychotherapy practice continually tests established convention; one inevitably finds oneself breaking one or other of the 'rules'. We either keep these slips to ourselves because of feeling ashamed, or we take them to supervision where they are often understood as some form of 'acting out'. Despite this, over time this drift become consolidated as new norms which come to constitute '*my way of working*'. Consequently, therapists one can come to feel increasingly at odds with the ways of thinking in the community they trained with.

Are these really new ways of working and thinking, or mere lapses on the part of the practitioner born of drift, sloppiness and a lack of rigour? The workshop will invite participants to take up the transgressions as opportunities for inquiring into and questioning the taken for granted premises of the theories and ways of thinking that the therapist subscribes to.

**About Farhad Dalal** I am a training group analyst for the Institute of Group Analysis, London. I have supervised the work of counsellors and psychotherapists from a range of schools working in a wide range of settings (statutory, voluntary, education & independent practice), for very many years.

My first training was in Humanistic psychotherapy, which was followed by a training in Group Analysis. I find that my way of working has drifted from a Humanistic ethos, to an 'analytic' stance, and then on towards the 'relational'.

Visit [www.dalal.org.uk](http://www.dalal.org.uk) for two papers (and videos) that describe my current take on psychotherapy ('Specialists without Spirit; Sensualists without Heart': Psychotherapy as a Moral Endeavour' and 'A Ruminant on Intimacy & its Defences in the Consulting Room'.

Please contact me for more information if you think you might be interested in taking part in this event, or would like to discuss some other form of supervision.

See [www.dalal.org.uk](http://www.dalal.org.uk) for more details.

