

What is unique about EMDR supervision?

Dr Robin Logie

This will be a practical skills-based workshop examining theories of psychotherapy supervision and how they relate to the way that we do supervision as EMDR Consultants.

Robin Logie will explain the principal theories of supervision and how they can be applied to EMDR before discussing what is specifically unique about EMDR supervision. What has been learned will then be directly applied to helping participants to better understand what is happening in a supervision session by demonstrating some real-life supervision.

The second part of the workshop will discuss providing EMDR supervision in a group setting and Robin will demonstrate his own group-supervision protocol.

Using his characteristic warmth, humour and humility, Robin will illustrate his workshop with stories from his own work as an EMDR Consultant and Trainer, where things have gone well and, more importantly, where things have gone wrong!

Learning Objectives

Through lecture, supervision sessions in groups, and a demonstration, the participants will learn:

- Basic models of supervision and how these apply to EMDR
- New insights into their own supervision practice and what is actually occurring during these sessions
- Specific considerations regarding providing EMDR supervision in groups
- A new way of conducting EMDR group supervision