



Kim Dyke Hypnotherapy

Helping you towards positive change...

CHURCHILL
HYPNOTHERAPY

Everyone deserves the chance to fly



KIM DYKE AND SANDRA CHURCHILL
SOLUTION FOCUSED SUPERVISION SERVICES

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Solution Focused Supervision Services

What is Supervision?

Supervision is a formal professional ongoing process and a mandated requirement of professional bodies which is scheduled on a regular basis either in groups, one to one meetings, on the telephone or via Skype. It ensures continual client improvement and care, enhances the professionalism of supervisees through promotion of ongoing professional development and learning, and maintains legal and ethical standards.

What is Solution Focused Supervision?

Solution Focused Supervision aims to be helpful to the Supervisee in their work by focusing on their unique abilities, strengths, resources and learning which will benefit their clients and build their practice. It is respectful and non-expert and involves working collaboratively with Supervisees to encourage growth and development. As such it is a model that can work very well within other modalities.

Methods of Supervision

Group:

Group Supervision is extremely valuable, offering support and providing opportunities for less experienced therapists to learn from more experienced ones, and vice versa, as often experienced therapists learn and validate their own experiences through discussion with others. Group Supervision takes place on a monthly basis and lasts up to 3 hours depending on the number of Supervisees attending. The format for Group Supervision consists of the following:

- Establishing ground rules
- Any relevant updates or topics for discussion
- Best hopes for Supervision
- Sharing good practice – what's going well?
- Discussion of Issues to include the use of:
 - Scaling
 - The Miracle Question
 - The Supervisee's strengths and resources
 - Constructive Feedback

- Practice Building and Marketing
- Discussion of any publication, book, article, etc and CPD
- Establishing the usefulness of the session

One to One:

At times it may not be possible to attend Group Supervision, or perhaps a Supervisee may wish to discuss their work on a One to One basis with a Supervisor. One to One Supervision can be beneficial in these circumstances to allow an increased focus on the Supervisee's individual workload and circumstances. One to One Supervision lasts up to an hour and the date and time is to be agreed with one of the Supervisors using the following email address: **supervisors@mail.com.**

Telephone/Skype:

Telephone/Skype Supervision provides support in between Group or One to One sessions where needed, or where the Supervisee's lifestyle or distance prevents them from attending Group Supervision sessions.

Telephone/Skype Supervision is offered for either ½ an hour or up to an hour and the date and time is to be agreed with one of the Supervisors using the following email address: **supervisors@mail.com.**

Governing Body Byelaws

It is the Supervisee's responsibility to ensure they adhere to the Code of Ethics of their own professional Governing Body.

Our Background

Kim Dyke

Kim initially trained as a Clinical Hypnotherapist through Chrysalis gaining a Diploma in Hypnotherapy with a Distinction. She was also awarded a Distinction through Chrysalis in completing a Diploma in Counselling and Psychotherapy.

Since qualifying, Kim has attended regular Supervision groups, Workshops, Seminars and Post Graduate courses at The Clifton Practice in Bristol, where she became increasingly interested in the Solution Focused approach. Along with this, she has attended Group Supervision sessions there that have enabled her to further her knowledge and understanding and develop an increased confidence in her skills that has helped Kim to build a full time successful practice.

Kim has continued her professional development with The Clifton Practice gaining the HPD award, SFBT Skills Training for Hypnotherapists and a Diploma in CBT Skills Training for Hypnotherapists. She has attended numerous other workshops there over the years and with other training providers.

Kim also qualified as a Solution Focused Supervisor through The Clifton Practice and has offered Supervision to support other Hypnotherapists as part of her professional portfolio.

Sandra Churchill

Sandra trained as a Solution Focused Clinical Hypnotherapist with The Clifton Practice gaining the HPD and DHP awards. Since qualifying, Sandra has attended regular Supervision groups, Seminars, Workshops and Post Graduate courses at The Clifton Practice, as well as with a few other external trainers.

Sandra runs a successful full time practice and her practice is based in Warminster and Melksham. She has continued her professional development with The Clifton Practice where she also trained as a Solution Focused Supervisor.

Kim and Sandra are former Senior Lecturers for CPHT Bournemouth, teaching the Hypnotherapy Practitioner Diploma course (HPD) and very much enjoyed this element to their professional portfolios.

Governing Bodies

Kim is a member of the AfSFH, NCH and the National Hypnotherapy Society and abides by their strict Codes of Ethics. Sandra is a member of the AfSFH and the NCH and also abides by their strict Code of Ethics.

Memberships

As well as the above Governing Bodies, Kim is also a member of the Complementary and Natural Healthcare Council (CNHC). Sandra is a member of The Complementary and Natural Healthcare Council (CNHC) too and the UK Association for Solution Focused Practice (UKASFP).