

Embodied Group Supervision



This supervision group is for practitioners who work with children and teens who play and move in your sessions, or for practitioners who work with adults who benefit from somatic interventions. As a dance movement psychotherapist and clinical supervisor, I offer you embodied practice in our supervision to more dynamically, somatically and relationally work with your clients.

This supervision group focuses on clinical thinking through an embodied process. We re-create a scene through our body movements to gain understanding of clinical cases. It involves both an individual and a group bodily response to the client's case. We also practice techniques of Authentic Movement to increase self-awareness and its application to understand the client's internal world. Being embodied in a supervisory space is 'the experience of being in it' (Butte & Hoo, 2014, p. 134), for example, being in a role of the client or therapist bodily.



Mioi Forster-Nakayama

Mioi is a registered dance movement psychotherapist (DTAA, PACFA and ANZACATA) who works from a psychodynamic perspective with trauma and attachment issues. She completed a PACFA Accredited Supervision Advanced Certificate Course in 2022 and is a registered clinical supervisor with DTAA. She has been supervising creative arts psychotherapists, counsellors, and other allied health professionals for some years.

As a clinician, she worked with people with psychotic episodes in psychiatric hospitals, neurodiverse children and teens in schools and a prison in London, as well as with women in a non-profit organisation in Japan. Since she moved to Australia in 2020, she has been working mainly with NDIS participants at a clinic and working with women and children in private practice.

She also lectures subjects of psychotherapy and dance movement therapy at a private institution.

<http://www.movingcircle.au>

Butte, C & Hoo, F (2014). Embodiment and Movement in Supervision. An Integration of Theories and Techniques from Body-oriented, Movement-Based Psychotherapy and Creative Supervision. In Chesner, A & Zografou, L (Eds). *Creative Supervision across Modalities. Theory and Applications for therapists, counsellors and other helping professionals.* (pp.127-144). Jessica Kingsley Publishers.



Format:

In-person (Adelaide): Coach House, 13 Laffers Road, Belair 5052 or a mutually agreed space for all.

Or Online

Eligibility to join the Embodied Supervision Group:

1. Qualified practitioners (psychotherapists, counsellors, creative arts therapists, social workers, and other allied health professionals)
2. Commit to a block of 6 sessions (We commit to working together for 6 months. Whether to continue or not, we discuss as the group or/and individually.)

Group Size: 3-4 practitioners

Frequency: 2 hours monthly (starting from February 2024)

Time and Day: Mutually agreed time

Fee: \$480 (\$80 X 6 sessions)



**Calling for Expression of Interest
from professionals.**