



TREVOR ARMITAGE **HERE AND NOW THERAPY**

TRAINING, COUNSELLING, SUPERVISION & GROUPWORK

Clinical Supervision for Practitioners

I provide individual and group supervision both face to face and on-line. Supervisees include counsellors, therapists, group leaders/therapists and students studying counselling.

I am an accredited Supervisor with PACFA.

In both individual and group supervision, my aim is to provide a safe framework to discuss and enhance your work with your clients, to enable professional self-reflection about your clinical work and to explore and develop the therapeutic relationship between you and your clients. I am experienced in a range of client work including couples, relationship difficulties, addictions, mental health, complex trauma, and domestic violence.

I can assist in a range of approaches including Person centred, Psychodynamic, Narrative, Gestalt, and CBT. Group work including psychoeducation and group therapy is a special interest of mine. However, I am flexible and open to work with you in ways that best suit you and your clients.

Individual Supervision

Cost \$160 + GST for 1 hour session, by appointment, either in person or online.

Group Supervision)

Group supervision provides a dynamic experiential opportunity for peer learning and support, a place to discover different approaches, to expand your professional skills, and to explore your work with clients.

The groups meet 6.00 to 8.00pm on the 4th Monday of each month, and 9.00 to 11.00 am on the first Tuesday of each month. The groups meet online with a maximum of four participants per group. The cost for each quarter (3 sessions) is \$300+GST payable by EFT in advance. Invoices are sent each at the beginning of each quarter.

The groups are not drop in, to secure their place members are required to commit to the group and regularly attend. The fee is payable if you can't attend. Of course, you may leave the group at any time preferably by informing the group in advance.

If you have any questions, or want to join a group, please contact me to find out if a space is available. To join the groups please acknowledge by email, that you accept these terms.

Regards

Trevor Armitage

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