

Clinical Supervision



*A reflective, collaborative and embodied
approach to professional practice*

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Clinical Supervision

Welcome



Thank you for your interest in clinical supervision

I offer supervision to counsellors, psychotherapists, creative arts therapists, trainees and other helping professionals seeking a reflective, collaborative and supportive supervisory relationship.

My approach to supervision is grounded in humanistic and integrative principles, with particular attention to embodiment, relational process, ethical practice and professional development. I aim to provide a space where you can reflect openly on your work, explore challenges, develop confidence and deepen your understanding of both your clients and yourself as a practitioner.

Clinical supervision is a collaborative process, and I view the supervisory relationship as an important foundation for effective and ethical practice.

Supervision is available online throughout the UK. If you would like to explore working together, current availability can be viewed via the online booking system.



About Me



I came to psychotherapy through a long-standing interest in human relationships, creativity, movement and the ways people find meaning during difficult periods of their lives. These interests continue to shape how I work today, both as a therapist and as a supervisor.

My approach is grounded in humanistic and integrative values. I believe that growth often happens through reflection, curiosity and authentic connection, and I aim to bring these qualities into the supervisory relationship.

Supervision, for me, is a space where practitioners can think openly about their work, explore uncertainties without judgement, recognise their strengths and continue developing confidence in their practice.

Alongside my private practice, I maintain links with both Edge Hill University and the University of Salford, supporting the development of future practitioners and staying connected to current thinking within the profession. I am also a trainer and supervisor for Arts for the Blues, a research-informed programme that uses creative and arts-based approaches to support people experiencing depression. These roles continue to enrich my understanding of therapeutic practice and the many different ways that people experience change and healing.

Alongside my work as a psychotherapist, I have a longstanding interest in embodiment, movement and the ways in which therapeutic relationships support growth and change.

Whether you are in training, newly qualified or an experienced practitioner, I hope to offer a warm, collaborative and reflective space where we can explore your work together and support your ongoing professional growth.



My Approach



I see supervision as a collaborative process that supports both professional development and personal growth. My role is not to provide all the answers, but to create a space where we can think together about your work, your clients and your experience as a practitioner.

I aim to offer a supervisory relationship that is supportive, reflective and appropriately challenging. There is space to bring successes as well as struggles, uncertainty as well as confidence. I believe that supervision works best when there is openness, curiosity and enough trust to explore what might be happening beneath the surface of our work.

My approach is informed by humanistic and integrative principles, with particular attention to relationship, embodiment and lived experience. Alongside discussing client work, we may explore relational dynamics, ethical considerations, professional identity and the impact that our work has on us as practitioners. Where it feels helpful, I may invite reflection on embodied awareness, creativity or metaphor as ways of deepening understanding.

While my approach is grounded in humanistic and integrative principles, I am particularly influenced by an embodied Seven-Eyed Model of supervision. This framework encourages us to explore client work from multiple perspectives, including the therapeutic relationship, the supervisory relationship and our own embodied responses as practitioners.

*"Supervision is not only a space to think about our clients;
it is also a space to think about ourselves in relationship to our work."*

Who I Work With



I offer supervision to counsellors, psychotherapists, creative arts therapists, students, trainees and other professionals working in helping, caring and therapeutic roles.

I welcome practitioners from a range of therapeutic backgrounds and work collaboratively to ensure supervision meets your individual needs, stage of development and professional context.

Whether you are seeking support with specific client work, navigating challenges in practice, or looking for a space to continue growing as a therapist, I hope supervision can be a place where you feel both supported and encouraged to develop.

While many of the people I work with come from counselling and psychotherapy backgrounds, I also welcome enquiries from practitioners in related fields who value reflective practice and are looking for a supportive space to think about their work.

The professions mentioned here are intended as examples rather than a definitive list, so if you are unsure whether supervision with me would be appropriate for your role, I would be happy to discuss this with you during an introductory conversation.

Working Together



A strong supervisory relationship is built on trust, openness and mutual respect. I aim to provide a space where you can bring both the rewarding and challenging aspects of your work, knowing that these will be met with curiosity, thoughtfulness and professional care. Supervision is confidential within ethical, legal and safeguarding limits, and we will discuss these fully before we begin working together. While supervision offers support, reflection and collaborative thinking, responsibility for professional practice remains with the supervisee. Clear agreements, regular review and open communication help to create a supervisory relationship that feels safe, productive and responsive to your evolving needs as a practitioner.

- Supervision is confidential within ethical, legal and safeguarding limits
- As a supervisee, you remain responsible for your professional practice, decision-making and adherence to the ethical framework of your professional body.
- I will encourage regular reviews of our work together
- Working together requires open communication and clear agreements

Details are confirmed within the Supervision Agreement.

Practicalities



Supervision sessions take place online via Zoom, making them accessible wherever you are based in the UK. Sessions are available as 60-minute or 90-minute appointments, with the frequency agreed according to your needs, professional requirements and stage of practice.

Following our introductory conversation and agreement to work together, you will receive access to a private booking area where you can manage your appointments.

Current fees and cancellation arrangements will be outlined clearly within the Supervision Agreement, and I am always happy to discuss any practical questions you may have before getting started.

Format:

Online via Zoom

Session Length

60 or 90 minutes

Frequency:

To be agreed according to your needs and professional requirements

Fees:

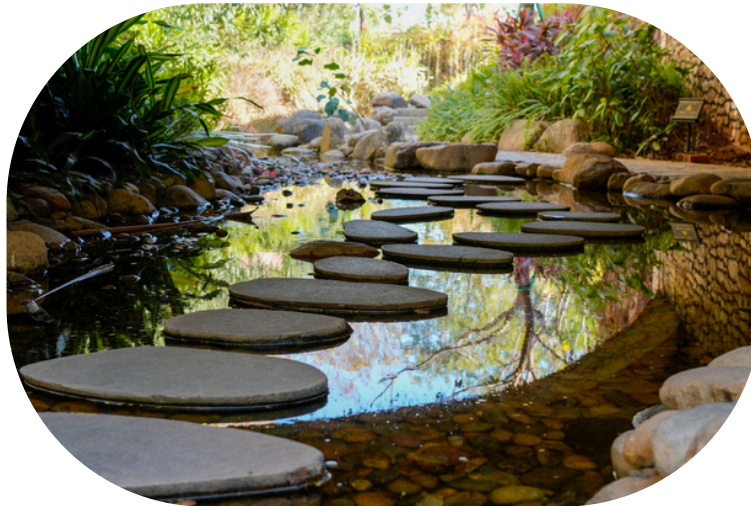
Qualified Practitioners: £60 per hour

Trainees/Students: £40 per hour

Booking:

Following agreement to work together, supervisees receive access to a private online booking area on my website.

Next Steps



- Book a free introductory conversation.
- Explore whether we are a good fit to work together.
- Review the Supervision Agreement.
- Arrange your first supervision session

Finding the right supervisor is an important decision, and I encourage you to take time to consider whether I am the right fit for you and your practice. The first step is to book a free introductory conversation, where we can explore your supervision needs, discuss how I work and see whether working together feels like a good match. If we decide to proceed, I will send you a Supervision Agreement and details of how to access the supervisee booking area. From there, we can arrange your first supervision session and begin building a supervisory relationship that supports your practice, development and wellbeing.

Book an appointment

