



Deutsch-Chinesische Akademie für Psychotherapie e. V. (DCAP)  
德中心理治疗研究院

# **German/Chinese Training Program in Psychotherapy Zhong De Ban Systemic Therapy**

**National Advanced Training Program in Systemic Family Therapy**

## **Supervisor Training Curriculum**

### **Target group, aims and content of the training program**

This training is aimed at graduates of the type of Systemic counselling education which corresponds in quality and scope to that of Zhong de Ban. Participants should have practical experience in the execution of the Systemic approach. They should already be working as supervisors or should begin practical work as supervisors over the course of the program.

The aim of the program is for participants to gain the qualification necessary to conduct supervision sessions with individuals, groups and teams. The training encompasses the theoretical information, methods and attitudes necessary. It makes use of inputs, demonstrations, practical work, group work and self-experience. The training program focuses on supervision in the professional fields of health care, psychotherapy, counselling, social work and youth welfare services. It teaches supervision competency based on the systemic approach. Participants are expected to possess a degree of competency in the occupational fields in which they wish to work as supervisors. This competency includes own experience with systemic work, carried out with practical, methodological know-how and appropriate theoretical knowledge.

The topics listed in the curriculum will be taught with an emphasis on practice rather than theory. As one of its key components the training program provides the opportunity to try out and practice one's ability to carry out and accompany developmental processes with competence. This is done via life-work, under the guidance of the instructor.

The different settings will cover the following levels of learning:

- Participant supervision work, accompanied and supervised within the training groups
- Demonstrations of supervision processes by the instructor
- Instructed supervision of participants by participants
- live-supervision, if they are offered by the participants (supervisions carried out live by the participants or recorded on video, which are then supervised within the training)

Aside from verbal supervision approaches there will be much work with activating methods: sculptures, systemic constellations, roll play.

## **Training scope and modules**

The training encompasses 520 units (UI) 520 units of instruction. Every unit is 45 minutes in length. These lesson units are divided into 4 different training modules:

1. seminar work on theory, methodology and self-experience
2. individual self-experience
3. training supervisions
4. peer group work

### **Seminars (320 UI)**

Four 8-day seminars. Every day consists of 10 UI. These seminars are conducted by a cooperation of German and Chinese instructors. Every day, Chinese instructors will work on questions of cultural transfer which have arisen with regard to the application of supervision concepts in Chinese society.

Some of the seminars will be carried out in fixed half-groups while others will take place within the entire work group. In every half-group, one full-length training supervision will be conducted. In every seminar there will be units of self-experience in addition to the presentation of content and training.

In every seminar, one day will be conducted by the Chinese instructors only. Here, the focus will be placed on qualifying participants with regard to the particularities of the Chinese supervision market.

### **Individual self-experience (X UI per participant)**

Alongside the seminar work, individual self-experience sessions will be conducted. Self-experience furthers the goal of trainee personality development. The supervisor utilises his perceptions and intervenes within the framework of his own internalised pattern of communication. Thus, aside from theory and training, working on oneself is a pivotal aspect of this qualification.

### **Systemic supervision practice (100 UI)**

In the course of the training, participants carry out a total of at least 100 UI of supervisions which are accompanied by training supervision.

Certification requirements for this module:

Participants verify their 100 UI of supervision sessions by means of a signed, written statement (up to 2 years after completion of advanced qualification). To this end, the date of the individual sessions, their length, setting, topic and the modes of work are entered into a table. At least 5 of the supervision processes must be completed. Of these 5 supervision processes, at least one has to encompass 10 or more sessions. Only one of the 5 completed sessions may have been conducted in the form of individual supervision.

Within the seminars, each participant receives supervision for two of the systemic supervision processes completed in the course of the advanced training. These two supervision processes, which are contributed to the seminars are to be fully documented. A form will be provided for the documentation of these supervision processes. Each session of the two supervision processes will be documented in the manner described above.

### **Peer group (100 UI)**

Participants spend 100 UI working together in smaller groups of 4 to 6 members. Within these groups, participants can practise methods, discuss contents and find solutions for problems of transfer into the various occupational fields.

Certification requirements for this module:

Participants vouch for each other's units within the peer group. The date and length of the session, its topic, the work methods and the person who introduced the topic into the session are to be listed within a table.

# Contents of the 4 seminars

## **Seminar 1**

The training participants get acquainted with and network among one another.

Contents:

- From contact to contract
- Goal formulation in supervision processes
- Defining supervision
- Types of supervision
- Setting up contracts
- Exploring the context of a contract (Who is the contractor? Information management and confidentiality; supervisors have many customers)
- System dynamics within the contract and client system
- Procedural structure of a supervision session
- Joining, clarification of requests and goal-focussing within a supervision session

Topic for self-experience within the group:

Personal patterns of stress

## **Seminar 2**

Contents:

- Conducting individual supervision
- Focus 1: Methods of information generation within the exploratory phase of the supervision process (sculpture, family helper map, roll switching, perspectives within the system, solution-focused techniques, miracle question, reflecting team, narration and work on the nonverbal level); introspection, emotional and physical reactions of the supervisor as diagnostic indicators within the exploration phase (trauma, stress...)
- Focus 2: Entanglement of therapist and client; accompanying the relationship clarification between a therapist and client
- Focus 3: Accompanying the therapist's work on personal topics (e.g. being emotionally overwhelmed by the therapy, patterns within the family of origin, touching on personal biographical material, the therapist's emotional reactions)

Topic for self-experience within the group:

Triad work with the family of origin (isolating difficult triads from family helper map, sculptures of difficult triads, question focus: How did I get out? What did I learn? How does this affect my relationship structures today?)

## **Seminar 3**

Contents:

- Supervision with groups and teams
- Social group dynamics
- Psychological group dynamics
- Recognizing a group's communication structures
- Handling of the dynamics within group and team supervision
- Conflicts in teams

Topic for self-experience within the group:

My roles in groups in the course of my biography; my personal competencies and traps when I am responsible for group processes within groups.

#### **Seminar 4**

Contents:

- Issues particular to supervision
- Crises in supervision groups; client crises
- Dealing with danger to self- and others
- Conflicts in organisations
- Triangulations in helper systems
- Ethical questions
- Termination supervision contracts

Topic for self-experience within the group:

Personal reactions in crises, conflicts, stressful situations.

The seminar work will be situation-oriented. The presented contents merely provides a framework for the seminars. In the course of individual seminars other topics and focal points may arise which are more appropriate for the learning group. In this case, we will remain within the predetermined framework but place other emphases and, possibly, leave some topics out.

Seminar 5 is not meant to be carried out as the last seminar, but rather between the other 4 seminars in which the Chinese and German trainers collaborate. Ideally, the 5th seminar should take place after the first. Participants without supervisor experience can thus prepare their concrete offer.

Every participant must actively conduct supervisions in the course of the training.

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