

PSYCHOANALYTICALLY-ORIENTED GROUP SUPERVISION

As therapists, we are invited, sometimes tentatively, sometimes forcefully, into understanding the most intimate of all things, another person's inner world. Through use of empathic immersion, we attempt to help our patients to come into closer contact with their "selves", that which is hidden and that which is not. This supervision group offers an opportunity to share the intimacies experienced in your sessions in connection with the other group members and supervisors in order to wonder, and journey with curiosity, towards more clinical clarity.

This group would be beneficial to therapists of all experience levels and it is not necessary that group members are working psychoanalytically. All that is invited and needed is people who are open to thinking about the unconscious and its processes and interpersonal dynamics.

The supervisors, Sarah McCarthy and Dr Jessica Halloran, are both Clinical Psychologists (endorsed) and AHPRA-approved Supervisors. Together they have been working with patients for over 20 years and supervising students and therapists at various stages of career for over 15 years. They are both passionate about psychotherapy and supervision and have special interest in psychoanalytic psychotherapy. They both currently run their own solo private practice and have worked previously in both government and non-government sectors within the mental health field and drug and alcohol sector.

The supervision groups will be closed (i.e. members will be consistent) and will be process-oriented and experiential with ties to theoretical concepts (predominantly using a Psychoanalytic Self-Psychology framework). Groups will be capped at 6 participants plus the two supervisors and will be facilitated fortnightly.

The proposed times for the first group to be held is fortnightly on a Monday morning 9:30am - 11am commencing Monday 2nd March. As the group is intended to be a shared intimate space, the group will be closed but with an opportunity for new members to join for a potential second block of sessions in the latter part of 2026.

As places are STRICTLY LIMITED, please send an EOI as soon as possible. Additional groups/times may be possible depending on need and scheduling.

When: Monday 9:30-11am (2nd, 16th, 30th March; 13th, 27th April; 11th, 25th May; 8th June)

Where: Suite 62, Ballou Chambers, 121 Wickham Terrace, Spring Hill

Cost: \$200 + GST/session (each session is 1.5 hours and payment will be in advance for the length of the block, as it is a closed group)

If you are interested in joining the group, please contact Sarah McCarthy (ph: 0408 765 970 or sarah@resonatepsychology.com.au) or Jessica Halloran (ph: 0402 633 526 or jesshalloranpsychology@gmail.com).