

PCA Branch Group Supervision Record

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| Branch: Illawarra Branch | | | |
| Date: | 2 December 2017 | Time: | 11.00am to 12.30pm |
| Supervisor | Fiona Curll | | |
| Supervisees | <ul style="list-style-type: none"> • Margaret Allan • Phil Halstead • Desiree Zeballos • Denise Wright • Tracey Rovere • Carol Clews • Donna Barnard • Barbara Bell • Susanna Papagna, • Tanya Ellsworth • Hanan Ghabour. | | |
| Notes: | <p>Case Study from AIPC library – Phil and Fi role played case of Amy and her reaction to her husband’s infidelity. Seeking Counsellor assistance to make a decision when in crisis. Group discussion then focused on assessing client’s immediate needs.</p> <ul style="list-style-type: none"> • Phil - put the health of Amy as priority, suggested GP. Discussed Joint session? See husband separately dependant on actual session? Stay away from Amy’s emotions. Purely self care. Support – Dog =unconditional love. Phil brought up referral at this point in crisis detrimental to client as no support. Explored if referred may damage Counselling relationships. • Margaret – not decision time. Health priority. Brought focus to husband's previous affair and its resolution. Where is focus on husband and his perspective. His decisions. Hospitalised – obviously affected. • Denise – Make today the focus. Sleeping tablets not a good idea. Possible overdose? Mental Health assessment. Drugs acerbate personality type. Support important. • Tracey – What feels good? Do something for self. What are marriage requirements/needs/wants. Who's requirements met? Reconnect on an emotional level. • Tanya - Support networks. Possibly feels as if other friends “have It together” – when possibly difficult times themselves – discussed seeing only the good aspects not what hidden. • Carol – Validation, Big picture – not yet seeing. • Donna – discussed seeing them as a couple only not seeing her as an individual – this prompted discussion about logistics of seeing clients separately when sessions initially commenced as couple – trust. Validating client. Client may feel worthless. Discussed support services. Supervisor brought up Community Health Services – GP, Counsellors, Support Groups, workshops, networking – friendly and helpful. • Hanan – Cultural and religious aspects – Acceptance/non acceptance. Family blame. Feelings and self worth. • Barbara – medication and concern. Looked at the scenario from husband's perspective. Possibility of wife leaving home. Focus on steps to take. Leave? Strength to leave. More sessions required. | | |
| Additional notes: | <ul style="list-style-type: none"> • Supervisor brought up logistics of couple counselling and then incident. Exploration around what logistics there are. Referral? Possibility of damaging perspective of Counsellors. See clients separately. What was the PCA members view of where husband fits into this scenario. • Drugs – prescriptive drugs can increase personality traits. • Ablify – gambling and hyper sex increase • Parkinsons – Gambling, food and sex increase. | | |

Signed as true and accurate record of the Supervision:

Branch Supervisor:– _____

