
Flexible Appointments

An encouraging and positive environment in which to explore your unique professional life situation, strengths and work/life challenges.

Group Supervision supports, Day Reflective Retreats, Self Care and Creativity Workshops.

Use Expressive Art Therapy and Positive Psychology to review and rejuvenate. Address past stresses and increase self awareness skills.

Expressive Art Therapy and Positive Psychology can be used in between your supervision appointments. It is a useful approach to learn and practice to use as an enjoyable and relaxing self care strategy.

It can also be used as a Self Development strategy where developing self awareness and bringing understanding to how you think about and live your professional work life identity.

Supervision and art therapy approaches incorporate Creativity and Mindfulness based therapies, Narrative Therapy, Positive Psychology and Coaching to suit your individual situation and preferences.

SUPERVISION

Available for all helping professionals.
Suitable for non-Social Work qualified.

Contact: 0404014343

E: daphnemiddleton1@gmail.com

W: resilienceproject.com.au

27 Minilya Avenue, White Gum Valley,
Fremantle.

Mail: PO Box 124, Fremantle, WA 6959



SOCIAL WORK SUPERVISION



Group Supervision

Reflective Day Retreats

Exploring Self Care

Art-Based Creativity exploration

Mindfulness informed Supervision



Models of Supervision

Supervision approaches include:

Exploration of various professional self identity storylines using Narrative Therapy approaches.
Embodied approaches to Supervision.
Creativity as part of reflective practice.

Includes approaches from:

Health Care Supervision-Tony Morrison
Reflective Supervision-Michael Carroll
Reflective Supervision Toolkit-Daphne Hewson
Embodiment in Supervision-Glenda Fredman
Relational Supervision-Brenda Clare
Narrative Therapy approaches-Michael White
Expressive Art Therapy-Cathy Malchiodi

Supervision Day Retreats & Workshops

- Focus on exploring various Supervision approaches. Hands on experiential art therapy to open self awareness.
- Connect with others in facilitated small Group Supervision.
- Identify your skills acquisition.
- Various Resilience Building Skills based workshops.

Daphne Middleton BSW(Hons) GradDipEd(Arts Ed) BA(Fine Arts)

Accredited Mental Health Social Worker (Australian Association of Social Workers-AASW)

Daphne has over 25 years experience in providing counselling and mental health services and has provided External Supervision (Clinical, Social Work) for a wide range of helping professionals as a private provider since 2007. She has worked in a dedicated clinical supervision team for 3 years providing all aspects of professional excellence and supervised over 45 staff who work in programs such as Domestic Violence, Child Development, Adolescents and Youth Outreach, Corrections and post release prison programs, Child and Adolescent Mental Health, Early Intervention Services, Refugee and Asylum Seekers, EAP Counsellors, Accommodation Support Services.

Relax | De-Stress |
Reflect | Increase Self
Awareness | Review
Professional Identity |
Build Resilience | Learn
Critical Reflection |

