

Certificate in Counselling Supervision

Course Information

This 12-week course explores different approaches to supervision, with a central focus on the Hawkins and Shohet Seven-Eyed Model, working through each eye/mode in turn.

Sessions examine supervision practice with attention to risk, difference and diversity, and the development of the practitioner in the role of supervisor.

We explore motivations for becoming a supervisor, the purpose of supervision, the differing perspectives of supervisor and supervisee, effective supervisory practice, and the ethical and legal dimensions of the role, including supervision in online settings.

The course includes:

Role play

Group discussion

Case examples

After each session, students complete a reflective learning log.

Assessment consists of a 4,000-word essay evaluating supervision practice, alongside a log evidencing a minimum of 20 hours of supervision with at least two supervisees.

Students must also provide confirmation of having a supervisor to monitor their supervisory practice. Students are required to source at least one supervisee and meet an 85% attendance requirement.

Working with the Hawkins & Shohet Seven-Eyed Model

What is Counselling Supervision?

Supervision is a professional, ethical requirement for all practising counsellors and psychotherapists. It provides a **safe, structured space** to reflect on client work, decision-making, boundaries, skills and emotional impact.

The BACP states that supervision is essential for:

- Safe and ethical practice
- Ongoing skill development
- Professional accountability
- Sustaining the counsellor's emotional wellbeing

Supervision is **not therapy**, but it may highlight when personal therapy would be supportive.

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What Makes Our Supervision Course Different?

At the Counselling Training HUB, our supervision course places the **Hawkins & Shohet Seven-Eyed Model** at its centre. This model offers a **comprehensive, relational way of thinking**, helping supervisors and supervisees see the *whole system* rather than just the client or the technique.

It provides a shared language, structure and depth that supports:

- Ethical decision-making
- Integrative practice
- Reflective capacity
- Professional confidence

The Three Core Functions of Supervision

All supervision on the course works across three key areas:

Formative (Learning & Development)

– Building skills, theory integration, and professional growth

Normative (Ethical & Professional Accountability)

– Safeguarding, boundaries, standards and responsibility

Restorative (Supportive)

– Supporting the emotional impact of the work and preventing burnout

Ethics sit at the heart of all three.

The Seven Eyes – A Simple Explanation

The Seven-Eyed Model encourages supervisors to look at client work through **seven connected lenses**:

1. **The Client**
What is happening for the client?
2. **The Counsellor's Interventions**
What the counsellor is doing and why
3. **The Client–Counsellor Relationship**
The therapeutic relationship and dynamics
4. **The Counsellor's Inner World**
Thoughts, feelings, reactions and blind spots
5. **The Supervisor–Counsellor Relationship**
What is happening in the supervisory relationship
6. **The Supervisor's Reflections**
The supervisor's internal responses and observations
7. **The Wider Context**
Ethics, culture, organisation, systems, power and diversity

This creates **depth without blame**, curiosity rather than criticism.

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What It Means to Train as a Supervisor Using This Model

Being on a supervision course with the Seven-Eyed Model at its centre means learning to:

- Think systemically and relationally
- Hold complexity safely
- Balance support, challenge and ethics
- Supervise across different modalities and settings
- Develop your own supervisory style with confidence

Graduates leave able to **supervise ethically, thoughtfully and relationally**, rather than simply “checking cases”.

In Short

- ✓ BACP/NCPS-aligned
- ✓ Ethically grounded
- ✓ Relational and reflective
- ✓ Suitable for integrative practice
- ✓ Builds confident, competent supervisors