



TREVOR ARMITAGE **HERE AND NOW THERAPY**

TRAINING, PSYCHOTHERAPY, SUPERVISION & GROUPWORK

www.hereandnow.com.au

contact@hereandnow.com.au

My Clinical Supervision Approach

I provide individual and group supervision both in-person and on-line for Counsellors, Psychotherapists, and Group leaders/therapists. I am an accredited Supervisor with PACFA.

My aim is to provide a safe framework for you to explore your work with your clients, to develop professional self-reflection about your clinical work and to enhance the therapeutic relationship between you and your clients.

I am experienced in a range of client work including couples, relationship difficulties, addictions, mental health, complex trauma, and domestic violence.

I can assist in a range of approaches including Person centred, Psychodynamic, Narrative, Gestalt, and CBT. Group Therapy is a special interest of mine. Overall, my approach is Integrative and Interpersonal, and I am open to work with you in ways that best suit you and your clients.

Group Supervision Benefits

- provides an opportunity for peer support, sharing and interaction, interpersonal growth, critical self-reflection,
- exposure to different clinical cases, settings, and approaches
- expand your clinical skills through presenting cases, observing others, and giving and receiving feedback.

Costs & Terms

Individual supervision: \$150 + GST for 1 hour session, by appointment, either in person or online.

Group Supervision: initial session is \$100 + GST then \$300 + GST for 3-month terms, payable in advance.

To ensure a stable ongoing group environment, members are required to commit to each 3-month term in advance and there is no refund if members cannot attend or leave during each term.

Invoices are sent at commencement of each term. Bank details are shown on the invoice.

The groups (max 5 participants) meet online, on the first and fourth Monday of each month, 6.00 to 8.00pm.

To join the groups please acknowledge by email, that you accept these terms. If you have any questions, please contact me.

ABN: 54 410 131577

PACFA Clinical & Supervisor 22679

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