

## My work as Supervisor and Coach.

I have been working in the English school system for more than 3 decades, starting as a music teacher and since 2009 also as Play Therapist. I see teachers and school staff working hard but also struggling and often I wonder if the system is making things harder than needed.

The idea to have 25-30 children teaching all the same curriculum seems efficient. However, with different backgrounds, abilities and needs of the pupils this can be incredibly challenging. I have seen how the whole school team is making every effort, and adjustment to make it work, but! The pressure is not just coming from that side. Ofsted expectations and the need to place high in statistics by performing well in tests and Sats add to this pressure. And all this is not enough, schools have to provide safeguarding, and pastoral care for pupils, and this extends into families too when they find themselves in less than ideal circumstances. Some situations will tax school staff to the limit.

When CarefreeKids2020 re-established themselves, it was a great wish of mine to offer support to school staff that needed a confidential space to talk freely, and find new ways of dealing with certain situations that make it hard to cope. Some schools have taken up the offer and provide 1-2-1 sessions for learning mentors, safe guarding staff, and those who might have had something difficult to deal with. All this is under the umbrella that they can use the space in any way that will help them to get back to a more balanced state of mind, and therefore be more able to do their work appropriately.

From 2011 to 2019 I have also supervised play therapists who worked with young people. Included were counselling students, art and drama therapists who were on placement for their courses, as well as community volunteers.

I also offer supervision to practitioners in private practise.

My therapeutic working approach is humanistic, but I also work with the Hawkins&Shohet Model of the 7 eyed Double Matrix, as well as Stoltenberg&Delworth that focuses on the development of the supervisee' from novice to expert. My work is informed by my additional training in Spiritual Psychology, Integrative Supervision and Coaching as well as New Therapy with Bachflowers.

I put great emphasis on the restorative function of supervision.

I have additional training in racial awareness, gender identity, childhood adversity, peer on peer abuse, radicalisation, neglect, substance abuse, autism awareness, data protection and I regularly update my safeguarding training.

I do this work for a charitable organisation called Carefree Kids 2020, which I helped to re-establish after the original charity Carefree Kids

had to close for financial reasons.

Please visit our website: <https://www.carefreekids2020.co.uk>

or contact us on [carefreekidscontact@gmail.com](mailto:carefreekidscontact@gmail.com)

