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APPLICATION FOR WORKSHOP SU Budapest, 2023

Title: *Moving in time – a spiritual journey connecting the recognition of the past, through the burden of the present and its progression in the future*

Duration: 90 min. (if possible 120 min)

Minimum and maximum number of participants: 8-16

Goal of the workshop:

The goal of the workshop is to present the method as a dynamic, effective possibility to support recognition, revelation and development in supervision.

Workshop concept:

Time-journey is based on Eric Cambell's method: Hero with a Thousand Faces: describes the common heroic narrative in which a heroic protagonist sets out, has transformative adventures and returns home. It is a useful formula for comparing literary traditions across time and culture.

The method is adapted in the frame of supervision:

- how to change perspective during a supervision session while keeping the focus. The matter of the method is an internal perception "walking" within timelines which constructs the realization of burdens and possible ways of progress.

Methods:

- ❖ Theoretical input: what the Time-journey method means, what are the key steps
- ❖ Presentation: the workshop leader will demonstrate the process with a participant
- ❖ Learning by doing: the participants will try out the process in pairs
- ❖ The process is based on psychodrama and supervision methods
- ❖ Sharing and reflecting on the experience of the group

Questions:

- ❖ *How can we relocate the aspects of a topic in time?*
- ❖ *How can we implement this method in supervision?*

The key topics of the workshop:

- ❖ Using the Time-journey for recognition and revelation in the supervision process
- ❖ Acquiring the method
- ❖ Implementing the method

Learning outcomes:

The participants should acquire the method of Time-journey.

They will gain experience through practicing the method.

We will gather the essence of the method.

Workshop leader

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Institution/organization: MSZCT, Hungary

Short biography:

Graduated in social work and social policy and Certified Supervisor since 2003. Qualified as family therapist and social therapist, also as a life and business coach. Working in her company as a supervisor, coach and trainer she has experience in working in teams, groups, and doing individual supervision. Is a lecturer at the Postgraduate Supervision Course at Karoli University Budapest since 2012.

She was a board member of the Association of Hungarian Supervisors and Supervisor-Coaches (MSZCT) between 2014-2022.

Experience in leading workshops:

- leading workshops in conferences and universities since 1999.