

This is a free writing exercise and each section will be short. You will need paper/journal and a phone or alarm to set a clock timer. You will need to complete this after every Observed Practice Group and you are invited to complete it after each of your 8 Triads to embed your learning.

**Free writing has 3 rules:**

- **Don't lift your pen from the paper once you begin**
- **Keep writing even if you are only writing 'I can't think what to write'**
- **Don't stop to edit or correct until you complete the time**

First take a moment to settle in your seat, feeling your feet on the floor and relaxing into the moment, following your breath in and out.

You will be writing three short pieces and a small summary.

### **Part 1: (7 minutes) As the SUPERVISOR**

For the next 7 minutes, take a moment to recall when you were in the role of Supervisor in the Observed Practice Groups. Write down as much as you can remember about your experience being in that role in your practice group session. Capture how it felt, what thoughts you had, any somatic responses, images or ideas before, during and when it finished.

*Pause for a moment by putting your pen down. Relax, breathe and re-centre*

### **Part 2: (7 minutes) As the SUPERVISEE**

For the next 7 minutes, we now invite you to write about that experience, using the senses to connect with what it felt like, what you observed and sensed about yourselves as supervisee and about the relationship you had with the supervisor in the session. What arises as you write about that?

*Once again ask them to pause and connect with your sense of centre in yourself.*

### **Part 3: (5 minutes) As the OBSERVER**

Now, for the next 5 minutes imagine yourself in the role of Observer. What are some of the first things you noticed or sense about what you saw or heard that helped in your learning as you sat in that role? What can you appreciate now that you might not have seen in either of the previous positions? What are you learning about yourself?

*Pause for a moment by putting your pen down. Relax, breathe and re-centre*

**And finally, for the next 2 minutes given all that you have written what is the best way to support your learning going forward?**

- What are you curious about now?
- What needs your attention?
- Discuss what arose for you with your Tutor in your next session.