



Hi, I'm Graeme Armstrong.

I've worked as a psychological therapist now for over 18 years, working as a relationship counsellor and clinical supervisor.

I am a Lead Tutor and supervisor for the Mindfulness Association and have delivered over 45 Weekend Modules for the organisation nationally and abroad and have been part of several Mindfulness Association Retreats at Samye Ling and at Holy Isle, promoting secular mindfulness throughout the U.K.

At the heart of my practice lies a passionate belief that although we all experience great pain and distress in our lives, we all have the ability to heal and grow through this pain and find more enriching, creative and satisfying lives. It has been my honour to have guided and helped hundreds of people on their journey to do just that.

I have the Relate Certificate in Marital and Couple Counselling and Post Graduate Diplomas in Couple Therapy and Systemic Therapy, allowing me to understand and get to the heart of personal and relationship issues.

I started meditating in 1988 and then developed my practice by attending a Mindfulness Based Stress Reduction course in 2010 and completing to Post Graduate Diploma Level the Studies in Mindfulness course through Aberdeen University. I am a member of the Mindfulness UK Listing (<https://www.ukmindfulnessnetwork.co.uk/>) and I work according to the Good Practice Guidelines laid down by the UK Network for Mindfulness-Based Teacher Training Organisations.

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I deliver two types of supervision: supervision to psychological therapists and supervision to practitioners/tutors of mindfulness.

Mindfulness supervision is an opportunity to have a regular space between the supervisor and supervisee to enable reflection on the supervisee's mindfulness teaching and practice. The process is dedicated to deepening understanding and to developing the effectiveness, integrity and safety of the supervisee's application of mindfulness, both personally and in their working life

Regarding mindfulness I adhere to the Good Practice Guidelines in mindfulness see <https://mindfulnesssteachersuk.org.uk/pdf/GPG4-TrainersfinalOct2013.pdf>

For details of mindfulness supervision please go to <http://mindfulnesssteachersuk.org.uk/> for a comprehensive account.

In the context of therapy, I have a background in delivering clinical supervision to individuals and groups; I was trained as a supervisor within Relate and delivered supervision there for 10 years to therapists who worked in mental health settings, schools, Sure Starts, domestic violence contexts with individuals, couples, young people and families.

My principle modalities therapeutically are psychodynamic and systemic, though originally, I was trained in the Person Centred Approach. I bring an integrated approach to my work as a supervisor, and would say that my overall approach fits with the The Seven Eyed Supervision Model constructed by Shohet and Hawkins, see <http://www.livingtherapy.co.uk/seven-eyed-model>

I see supervision as a relationship which supports fellow professionals with the multiple ethical and moral challenges the profession presents us with, being available both face to face and by telephone when necessary. This, then, can carefully explore the therapeutic

alliance whilst sharing theoretical hypotheses, issues of safety and risk, and also to promote both client well-being and counsellor development and awareness.