

WHAT OUR MEMBERS SAY:



“Great content, clearly rooted in years of experience which is conveyed in a friendly and highly professional manner. Up to date knowledge promoted by the lecturing and research experience of the supervisors! An amazing partnership for my professional career development!”



“It is clear that Aisha and Skye are not only passionate but also highly competent within their profession. Content, whether written or spoken, comes across as thoroughly considered and I have developed considerable confidence in the service provided. Supervision was the primary reason for joining, though I have since found great utility in the clinical consideration sessions. Aside from the content, the style in which the session is conducted is also highly engaging.”



I'm so pleased I have joined TCC - both Skye and Aisha are knowledgeable, personable, experienced and engaging.”



Stock image used to protect member confidentiality

WHO ARE OUR MEMBERS?

Our members are:

- Students who are beginning placements
- Students in their latter stages of placement
- Newly qualified therapists
- Qualified therapists

OUR OFFER FOR YOUR STUDENTS

We aim to make TCC membership both valuable and attainable to students and newly qualified colleagues. Both of the founders have experienced poor supervision, private practice isolation and the financial pressures of being newly qualified therapists. We don't believe that financial means should limit therapist access to high quality supervision and CPD that supports them to become robust, ethical and quality therapists.

As such, we are offering students and newly qualified students at affiliated universities a discount of **33.5%** on the annual TCC membership. Making the monthly price **£39.90** per month!

CONTACT US!

thecontainedclinician@gmail.com
www.thecontainedclinician.com



WHAT IS TCC?

The Contained Clinician is a membership for trainee and qualified therapists that provides flexible monthly group supervision and CPD modules that aim to address our members' gaps in knowledge and practice. We offer supplementary supervision, to compliment therapists' primary supervision. We use an open group structure, which means therapists can book a group supervision session when they need it and with their chosen supervisor. We have a range of expert supervisors offering groups across our platform, meaning that a member can also access specialist supervision as and when the need arises.

Our aim with TCC is to provide robust clinical support, expanding beyond the limitations of having one primary supervisor and allowing colleagues to experience the richness of group supervision, meeting colleagues from different training perspectives, widening their networks and meeting their development needs.

WHAT WE DO

- Supplementary monthly group supervision.
- Groups with a spread of slots across the month, with different supervisors and specialisms
- Supervision library, updated monthly with new content and including modules by experts and specialist therapists
- Monthly 'Clinical consideration' sessions: short recorded talks addressing members questions, that may not feel worthy of supervision time
- Community forums, enabling our members to engage in peer discussions
- Social events for our members

THE FOUNDERS



Aisha Gordon-Hiles

BSc, MSc, PGDIP MBACP ACCRED
Accredited Counsellor, Author, Coach,
Clinical Supervisor & Counselling Tutor



Aisha is an accredited integrative counsellor, coach, supervisor and level 4 counselling tutor. She has worked in a number of therapeutic settings including charities and higher education. She is a TV and media trained consultant, working both in pre production and off screen. Most recently, as a life coach on Idris Elba's fight school. She has facilitated workshops for a number of organisations including BACP, LUSH and BooHoo and has featured on BBC Radio London. She has also worked alongside Skye as a lecturer on a BSc Psychology with Counselling programme. She is passionate about thinking outside the box and helping others reach their potential.

Skye Kennedy-Cullen

M.A, MSc, PGCert, Adv Dip, Dip.
Accred CORST, UKCP, MBACP, FHEA
Accredited Psychotherapist, Psychosexual Therapist,
Clinical Supervisor & Senior Lecturer



Skye is a psychotherapist, psychosexual therapist, mentor, clinical supervisor and a Senior Lecturer. She is an accredited member of COSRT, a full clinical member of UKCP, a registered member of the BACP and a Fellow of the HEA. Alongside private practice, she works in Higher Education since, and held senior positions at both BSc and MSc levels, as well as being a visiting lecturer. Skye has taught on the BACP accredited programmes at The University of Greenwich, The University of Roehampton and University of East London. She is currently a Lead Tutor for a clinical supervision diploma at CICS. She is dedicated to supporting the development of robust, ethical and quality therapists.

THE BENEFIT?

FOR STUDENTS

At TCC, we offer a supportive membership environment that enhances core training to help build skilled, ethical therapists. Our trainees benefit from working with a variety of supervisors, each offering unique insights and expertise across different areas of practice. This diversity enriches their growth and understanding.

Our open group structure allows students to connect with peers from various training backgrounds, further broadening their perspectives and career growth post-qualification.

Trainees often find CPD overwhelming and costly, sometimes choosing courses beyond their current competency. At TCC, we provide CPD that is both practical and tailored to complement core training, filling gaps that may not be covered in depth. Our CPD is guided by student feedback, ensuring that our content is relevant and responsive to their needs.

FOR NEWLY QUALIFIED

Training courses for counsellors and psychotherapists often leave gaps in knowledge, particularly around starting and thriving in private practice. At TCC, our CPD fills these gaps by offering practical resources, such as contract templates and assessment tools, ensuring that newly qualified therapists have a strong foundation.

Entering private practice can be isolating, and relying solely on monthly supervision may lead to ethical challenges. TCC membership provides a supportive community, offering frequent touchpoints with peers and senior therapists through group supervision.