

Online Perinatal and Parental/Childlessness Group Supervision



We - Mihaela-Leocadia Hartescu and Valeria Villa - are opening the space for a new supervision group, with a focus on **parental, maternal and paternal, in the perinatal period and beyond**, holding a relational and co-created approach.

We consider supervision essential in helping relationships. And for us it was a vital element in getting to where we are and being who we are today.

Our hope through this is to contribute to the consolidation of a network of professionals and a learning community in the field of parental/childless mental health.

This group will offer a space to strengthen your own reflexive practice and effectiveness in working with clients, in a relational context of mutual learning and support.

FOR WHOM?

It is a group for different professionals who have an interest in the perinatal and maternal/parental mental health, and its influences throughout the life cycle (psychologists, psychotherapists, counselors, social workers, psychiatrists, etc.).

STRUCTURE of the group:

The group will be of maximum 6 and minimum 4 people, with a duration of 3 hours, and a monthly frequency.

These hours can be counted towards supervision, training or CPD (based on your profession and certifying body).

A certificate of attendance can be issued to participants.

In this supervision group:

- We invite questions to reflect and expand our ideas
- We support exploration through words and other non-verbal tools / media such as imaginary, dreams, writing, music or other forms of art
- We engage with our identities as the starting line for exploration and support a perspective of humble and curious engagement where identity can be used to expand rather than oppose.

BENEFITS:

- strengthening the self-awareness and the skills specific to one's own professional roles
- belonging to a group reduces the feeling of isolation - which many of the helping professionals experience, especially if working by themselves in their practices - and allows receiving and giving mutual support
- holding and managing professional and ethical standards and frameworks
- together, to make sense of transference and countertransference experiences and dynamics in the relationship with clients and to our systems and theirs.

DATES:

The group will start on the 8th November 2024 and will end in June 2025 (8 sessions): 22nd of November, 13th of December, 10th of January, 14th of February, 14th of March, 11th of April, 9th of May, 6th of June.

Sessions are on Zoom. We meet monthly, on Friday between 10h - 13h CET (9am - 12pm GMT).

The group is max 6 people and minimum 4 people.

FEE: 65 euro per session per participant.

APPROACH:

Our approach is relational, co-created, integrating Transactional Analysis, psychoanalysis, pre- and perinatal and transgenerational psychology, emotional intelligence and neuroscientific elements, and an interest in how socio-cultural and political aspects influence mental health.

We believe in the power of supervision to help us as professionals in bringing protection, empowerment and permission to our work with clients.

If you are interested in **joining**:

Please follow this link and fill in this form: <https://forms.gle/bRVRgWNzrAGKSV5EA>.

This helps us to learn a bit more about you and reflect on how to plan our sessions and support the group formation and expectations.

If you have questions, please write to us.

ABOUT US

We are Psychotherapists (CTA-P and TEW candidates) fellow transactional analysts, mothers, human beings.

In the last years we have developed an interest in parental mental health/childlessness and have worked together extensively reflecting, researching, exchanging ideas, building theories and models, facilitating workshops and groups for professionals and parents/those who went through losses on the journey through parenthood. All these connections originated in our experiences of being therapists on a parenthood journey.

We discovered, among other things, that being a therapist and being on a parenthood journey are aspects that impact our identities and ways of being personally and professionally. We believe, hope and witness that if we work together these experiences can expand our sense of self, foster care, understanding, compassion, growth.

We believe in the power of the group as a container of our personal and professional experiences. We desire for this supervision group to act as a container of the experiences of the participants, where humble curiosity and gentle inquiry are used to go beyond advice, imposition, power, shame and split.

Mihaela-Leocadia Hartescu - is a psychologist-psychotherapist (CTA-P and TEW candidate), with a private practice in Milan, Italy. She also works in organisational settings, as an emotional intelligence practitioner and ICF certified leadership coach and trainer.

Mihaela certified as a supervisor with CSTD London (Joan Wilmot and Robin Shohet) and supervises helping professionals in her private practice, in organisational settings and as part of her volunteering work with WYSE International. She is specialised in Perinatal Mental Health (PMH-C) and is passionate about supporting parental mental health, vital processes and transitions throughout the life cycle. She feels privileged to accompany people on this continuum and finds her different specialisations as complementary and enriching the therapeutic /coaching relationship and the co-created work. Mihaela is part of the OurEvolution project, led by Dr.Emma Haynes, and an international volunteer for Postpartum Support International.

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Valeria Villa - is a psychotherapist in private practice (CTA-P), based in Ferney-Voltaire (France), after having trained in TA and worked for several years in London (UK). Valeria is training to become a supervisor.

Valeria worked in the criminal justice setting and with cultural minorities. In these settings her passion for maternal mental health was awoken and she committed to develop her knowledge in this field. Since this first seed was planted, her interest has developed and it now incorporates aspects of cultural differences, political influences, transgenerational and collective elements that impact the motherhood, fatherhood and parenthood journey. Valeria is also part of OurEvolution project - a research and study group on the parental in the therapeutic space - led by Dr Emma Haynes (TSTA-P).

Valeria is training to become a supervisor with The Link Centre and will attend the TEW in April 2025, as part of the process of becoming a trainer and supervisor in transactional analysis.

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