

Rhondda Stewart's Profile as a Supervisor

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Rhondda trained as a supervisor some years back with Dr. Michelle Webster, founder of the Institute for Emotionally Focused Therapy, and more recently trained as a supervisor through the Rise Up model with Lyndall Briggs.

She has been supervising clinical hypnotherapists, psychotherapists, psychologists and counsellors for over 25 years.

Rhondda is also a practitioner in psychotherapy, counselling, clinical hypnotherapy, and NLP. In her Sydney practice, she works with trauma, PTSD, chronic pain, anxiety, phobia, depression, infertility, childbirth, various medical conditions, and sexual identity issues. She also specialises in working with children.

Rhondda is the CEO of Clover Institute, where she teaches clinical hypnotherapy, psychotherapy and NLP. Her personal interests are meditation, working with vibrational and Quantum healing, cooking, walking, and writing.

Rhondda is the author of two dream books. Currently, she is writing a children's book as well as a book for therapists on a range of self-help tools, and a book on metaphors and scripts.

She enjoys keeping up-to-date with a range of therapy models and adding new tools to her professional and teaching toolkit, as well as running regular workshops for ongoing professional development.

As a supervisor who maintains her currency in a range of therapy models and tools, she is able to support the different needs of her supervisees.

She conducts supervision sessions for individuals and groups. Both are available face-to-face or via Zoom.

Rhondda's aim is to mentor and support the supervisee by recognising their skills and how they can better work with those skills. She also assists the supervisee to engage in critical reflection in order to raise issues, explore problems, and ensure that their well-being is maintained.