

Dr Christopher Fox – Clinical Supervision Opportunities 2026

Clinical supervision is an essential part of working therapeutically with clients. Clinical supervision is a professional requirement of all counselling, psychotherapy, psychology, social work and occupational therapy bodies. All people working in the helping professionals also benefit from clinical supervision (or practise mentoring).

All ethical and professional therapists have on-going formal clinical supervision to support their work in accordance with professional codes of practice requirements. Clinical supervisors are experienced therapists and maintain a responsibility for the good practice of supervisees and to protect clients from harm and unethical practice. Clinical supervisors also have supervision.

Clinical supervision is a space for the supervisee to engage reflexively with the content and process of their client work. Through clinical supervision topics such as therapeutic techniques, therapeutic relationships, difficult problems, ethical dilemmas or issues which impact on the therapist personally as a result of the therapeutic process.

The focus in supervision is three-fold:



Introducing your Supervisor – Dr Christopher Fox

As a clinical supervisor I work from a collaborative and supportive framework to facilitate the growth of the therapist. I draw on critical reflexive practice where the supervisee moves beyond reflection to engagement in self-in-therapy/therapy-in-self/therapeutic self, self-care and development as a professional. A focus on the praxis issues of practice-to-theory/theory-to-practice encourages the therapist to maintain a best-practice model drawing on evidence-based and practice-based evidence informed approaches.



My professional focus is in the areas of psychosexual therapy, sexuality, and gender diversity, as well as psychological wellbeing. My theoretical orientation draws on an integrative model of psychodynamic, Berne, Adler, humanism existentialism, Rogerian and solution-focussed approaches to therapy in the main. My practice is also heavily influenced by systems (Satir, Bowen)/family and relationship therapy. I also utilise creative therapeutic approaches including storytelling, therapeutic photography, and clay/play dough. As a public health specialist and experienced community practitioner I also supervise health promotion, welfare and community development workers.

I have worked with sexual and gender diversity, as well as sexual health and wellbeing for over thirty years. I am an European Certified Psycho-Sexologist with the European Federation of Sexology and European Society of Sexual Medicine. I am Director of Sex Life Therapy – a specialist psychosexual and relationship therapy practice in Melbourne, and one of Australia’s oldest and largest psychosexual therapy services.

I work as a Senior Lecturer in Sexual Health (Sexology) in the Faculty of Medicine and Health at the University of Sydney where I am the Co-Director of Sexual and Reproductive Health Programs and Pathway Coordinator for the Psychosexual Therapy Pathway in the Postgraduate Program in Sexual and Reproductive Health. I hold an adjunct Research Professor in Sexual and Reproductive Health at the Fiji National University. I am the President of the Asia-Oceania Federation of Sexology and have held executive positions on the governing councils of the World Association for Sexual Health, the Asia-Oceania Federation of Sexology and the Society of Australian Sexologists, including National Chairperson.

Individual and Group Supervision Opportunities

Individual Clinical Supervision Available to general counselling and psychotherapy (psychologists, social workers, OTs, counsellors, mental health practitioners) or psychosexual therapy (psychosexual/sex therapists, sexologists, sexual health counsellors) on a regular or ad-hoc basis.

Psychosexual Therapy Group Supervision is open to existing psychosexual/sex therapists/sexologists. Groups are limited to six participants.

Psychosexual Group Supervision (International) 4th Tuesday of the Month 1400-1530 (UTC)

(April-October – 1500-1630 (BST), 1600-1730 (CEST), 1600-1730 (CAT))

(November-March – 1400-1500 (GMT), 1500-1630 (CET), 1600-1730 (CAT))

23 June	28 July	25 August	22 September	27 October	24 November
22 December	27 January 2027*	23 February 2027	23 March 2027	27 April 2027	25/05/2027

Cost

Pay-as-Go				
AUD125.00	GBP65.00	EUR75.00	CHF70.00	USD90.00
Six-pack				
AUD635.00	GBP330.00	EUR380.00	CHF345.00	USD405.00
Twelve-Pack				
AUD1,145.00	GBP600.00	EUR685.00	CHF625.00	USD730.00

If you are interested in individual or group supervision, please contact the office on email info@foxcounselling.com.au