

“Clinical Supervision: Enriching Your Professional Journey” - 2-day workshop

Aims of workshop:

- To broaden the scope of supervisory mechanisms and approaches and contribute to the development of clinical supervision in practice
- To develop promote and reinforce reflective practice
- To equip participants with workable frameworks and models of supervision so they can develop more effective supervisory practices
- To get to know your inner supervisor and inner supervisee within
- To identify tasks, purpose and components of good quality supervision
- How to establish & maintain a trusting, productive supervisory relationship
- To demonstrate the value of a negotiated agreement or contract
- To examine the “5-Eyed Supervisee”
- To effectively review and evaluate the supervision relationship
- To examine the supervisor’s Role in enhancing Ethical Practice
- To evaluate the role of supervision in the prevention of burn out

Learning Outcomes:

These will be negotiated throughout the program depending on individual needs but are likely to incorporate some, or all of the following;

- To raise a general awareness and understanding of clinical supervision
- To differentiate between clinical supervision and other forms of 'supervision' that already exist in clinical practice
- To enable participants to explore in a mutually supportive environment the likely roles and responsibilities of being a clinical supervisor in practice
- Offer participants a workable supervisory framework in which to enhance the practical elements of clinical supervisory practice
- To practise roles and obtain feedback on supervisory performance with reference to peers during observed supervisory practice
- To have an opportunity to reflect on supervisory skills and performance as a supervisee as well as a supervisor through observed clinical supervision and peer feedback
- To reflect upon different supervisory styles and interventions that can be employed in a clinical supervision situation To consider any implications and actions that might be necessary for ensuring the development of effective clinical supervision.
- To understand understand what happens when staff “get stuck” and to learn what you as the supervisor can do when a worker gets stuck.
- To develop the ability to identify and understand the blocked cycle.
- To develop strategies in working with people who are stuck.
- To understand how attachment styles affect the process of supervision

Program:

Day I

- Introduction
- Mapping your support system
- Stress
- Burnout
- Why supervision
- Getting started

- **Contracts and goals**
- **Negotiating a contract**
- **Solution Focused Supervision**
- **Developmental Approach to Supervision**
- **Choosing your framework**
- **A process model of supervision**

Day II

- **Review**
- **Trouble shooting:**
 - **What happens when staff get stuck?**
 - **What can you the supervisor do to when a worker gets stuck?**
 - **The blocked cycle: why and how we get stuck**
 - **A psychological understanding of the blocked cycle**
 - **Strategies in working with people who are stuck**
- **Attachment styles and how they affect the process**