

Supervision – some thoughts about what it is ...

Supervision should be ...

... like a good night out: it takes preparation; involves positive social interaction; will often involve the exploration of emotions; it is fun; and you should get home safely afterwards, without feeling hung-over!

Supervision ...

... is a guided, experiential learning process in which it feels safe for the supervisee to build on their past practice to evolve through the supervision conversation to an informed confident future practice.

Supervision ...

... is from the past, in the present, but looking to your future practice.

Supervision ...

... has to be about *YOUR* work.

Supervision ...

... facilitates the supervisee to reflect on their work so as to improve their future practice.

In supervision ...

... the supervisee should be able to feel free to fail, safe to admit it and open to honest feedback. It is the supervisor's responsibility to ensure that the supervisee recognises that this is a no fault / no blame activity.

At the end of the session ...

... together we may conduct a Review, where we consider: what we set out to do; what happened in the session; what went well; what went badly; what we have learned; and what we might do differently in future supervision sessions.

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