

Supervision

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What Is Supervision?

- *"Supervision is a collaborative process in which the supervisor works with the supervisee to explore their work reflectively"* (Reid, H, 2013, p9)



Main Aims of Supervision

- Look at the ethical responsibilities
- Personal and professional development of the supervisee
- Supervisee emotional well-being and impact on them

(Simpson et al, 2017)



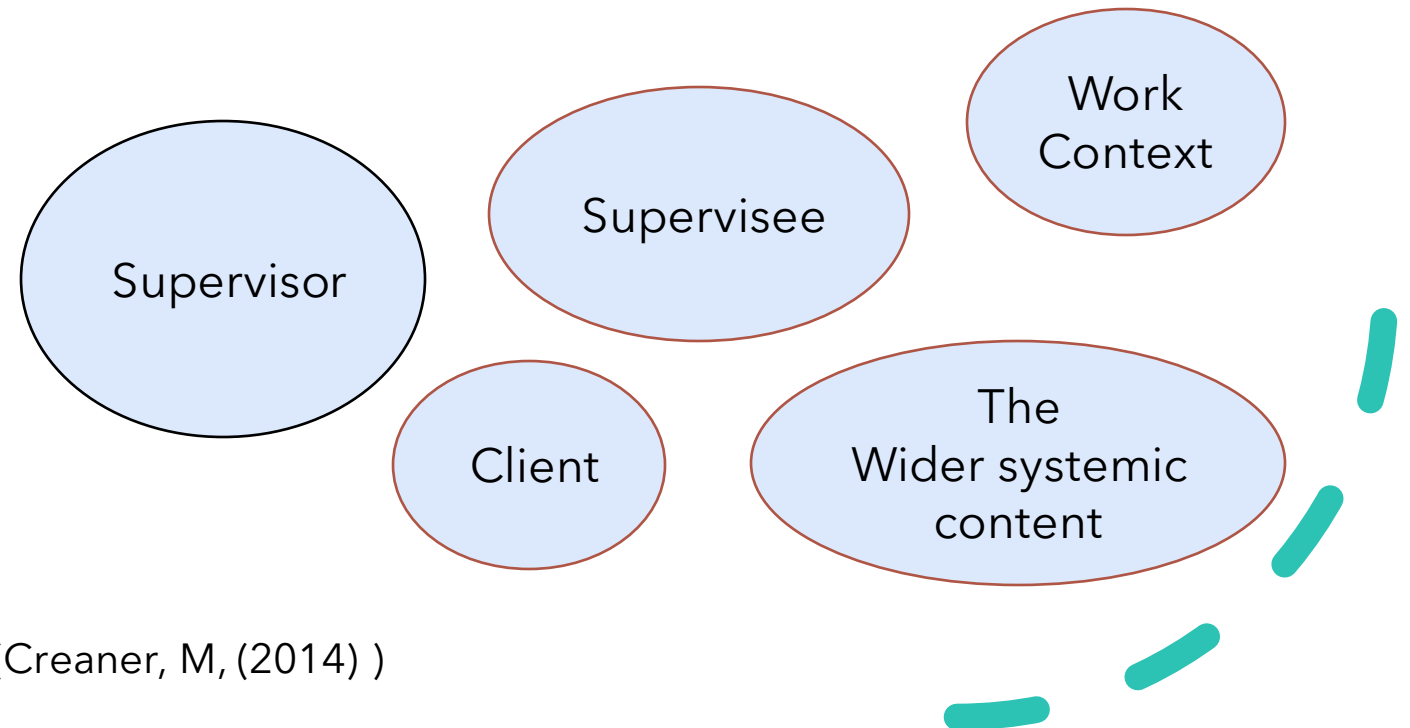
Supervision

- Professional bodies place requirements to have professional supervision (BACP, NSC etc)
- Can be done as one to one or in a group format
- Different models to add structure



Seven- Eyed Model of Supervision

Model developed by Hawkins and Shohet (2007)



(Creaner, M, (2014))

Seven Modes

Mode 1 - How the client **presents**

Mode 2 - Explore strategies and **interventions** used by the supervisee

Mode 3 - Relationship between client and supervisee

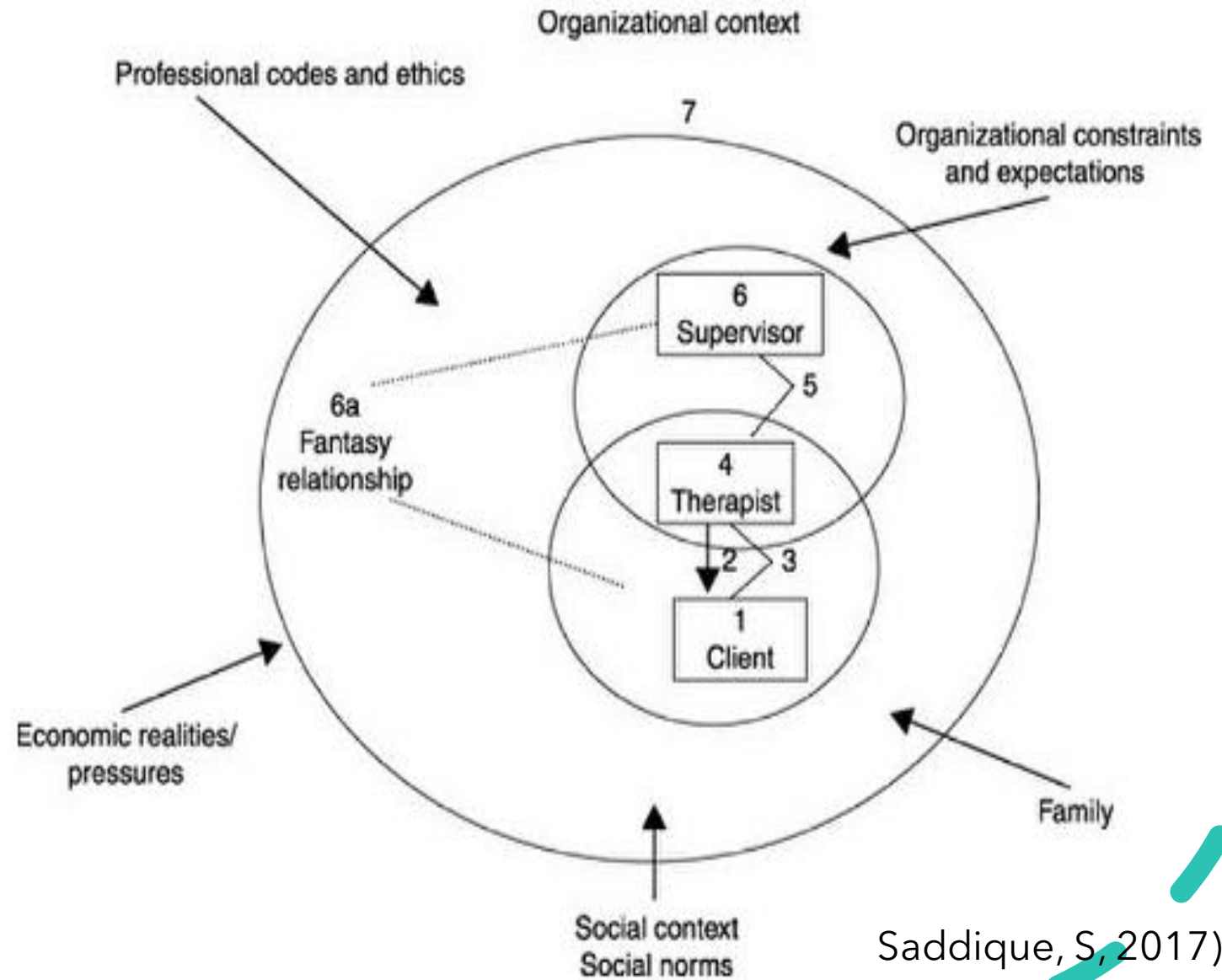
Mode 4 - Focus of supervisee

Mode 5 - Focus on the supervisory relationship

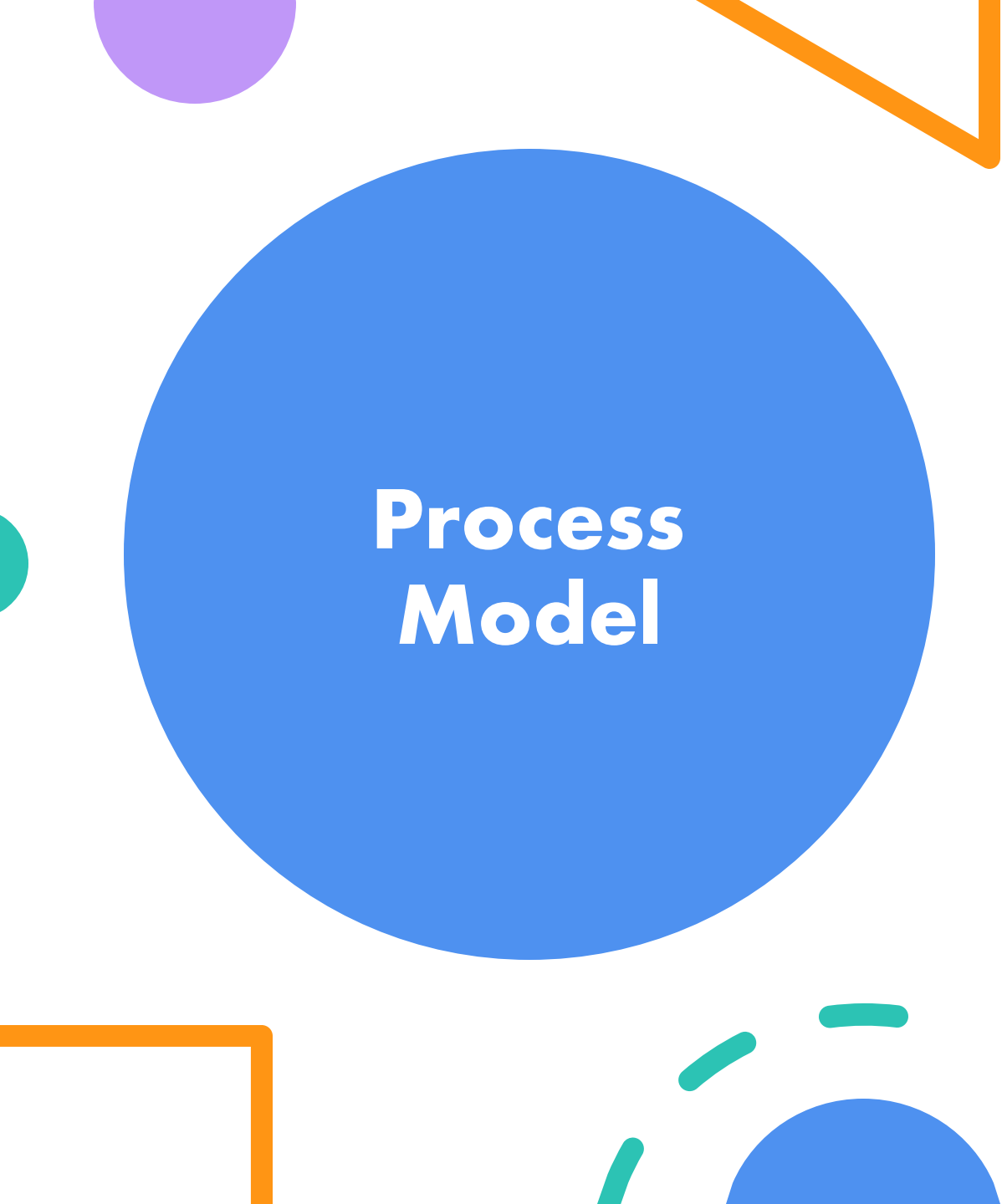
Mode 6 - **Supervisor** working on their own process

Mode 7 - Focus on the wider context

Seven Eyed Model of Supervision



Saddique, S, 2017)



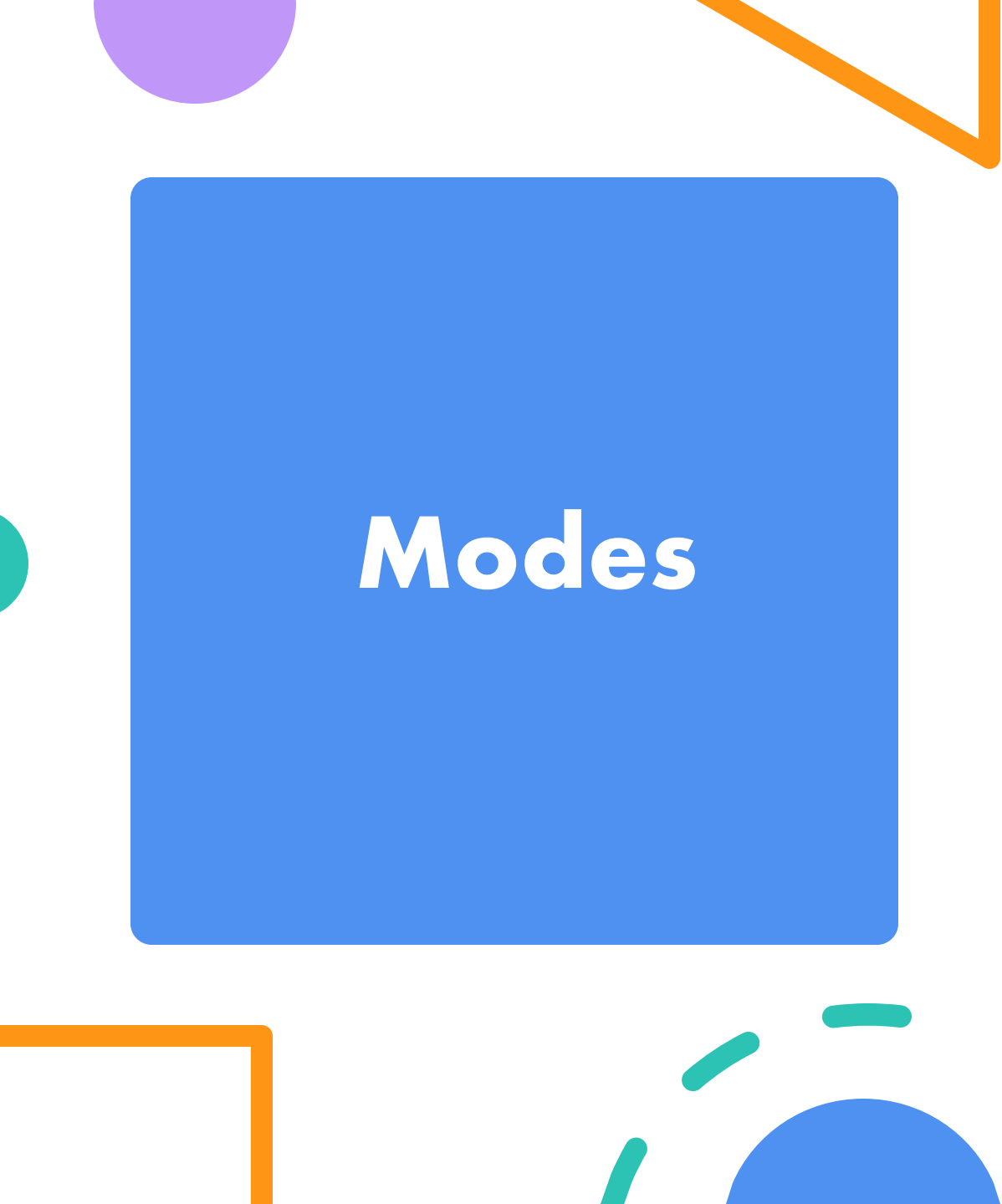
Process Model

- Relational model - in depth view of all relationships
- Focuses on the processing - deep emotional processing
- Most effective with a strong relationship between supervisor and supervisee - Person centred (McMahon, 2014)
- Can be used creatively - draws on Gestalt and other humanistic theories (Darongkamas, J, 2014)
- 3 and 6 bring the supervision process deeper (McMahon, A, 2014)



Hierarchy

- Hawkins and Shohet (2012) viewed the supervisor as having a helicopter view over the process
- Model has been criticised for being hierarchal with the supervisor on top
- Tudor and Worral (2004) described it as supervisor has responsibility of themselves, supervisor and client but this does not work the other way (Cited in Hawkins et al, 2012).



Modes

- Supervision can contain all modes or use a few at a time
- Danger of losing the depth with too many modes (Hawkins et al, 2012)
- Relies on skill of supervisor to select appropriate modes (Pagdin, S, 2013)

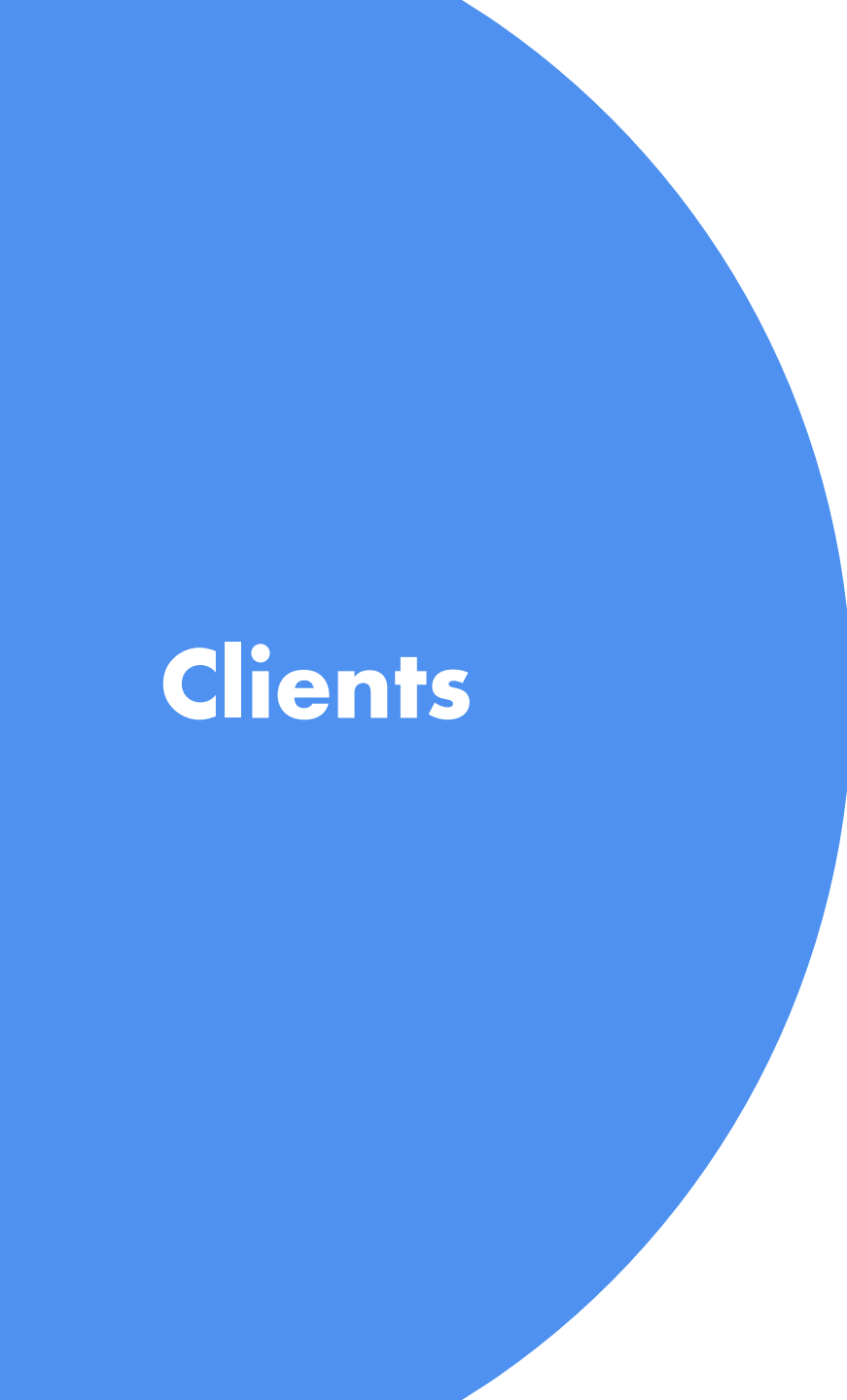
Dyad and Group

- Designed to be conducted as a dyad format
- Can be effective way for conducting supervision in a group (Jackson, P, 2011)
- Supervisee could become overwhelmed or lose depth of processing if too many modes in one session (Creaner, M, 2014).



The Process of Supervision when working with clients suffering with trauma





Clients

A traumatised client is someone who has had a reaction to a traumatic event such as sexual, physical and emotional abuse, an accident, illness, assault or anything else potentially traumatic (BACP, 2020)



Clients suffering with trauma

- Hard to trust other
- Fear of abandonment
- Low self-worth
- Attachment issues

(BACP, 2020)

- Dalenberg, 2012 (Cited in Lynne et al, 2014)
- Pope and Tabacruck (1993) (cited in West, A, 2010)

Knowledge and Skills

- - Specific knowledge and techniques working with trauma (West, 2010)
- Assess the client's needs and support the supervisee with appropriate intervention. (Bicknell et al, 2009)
- Recommend training



Supervisee Well-being

- Graphic traumatic details
- Vicarious Traumatization/ Secondary Traumatization Syndrome
- Impact their ability to counsel clients
- Personal emotional response/ their own experience

(Etherington, K, 2009)

How does supervision help with this?

- Emotional responses (Konik, S, Ahmet, K, 2019)
- Coping strategy (Trippany, E et al, 2004)
- Awareness of VT and STS (American Counselling Association, 2020)
- Look at ethical issues this could present





Model Boundaries/

- Time Keeping
- Not seeing too many clients
- Knowing your limits

(Global Connection, 2019,)



Conclusion

- Main points of the seven eyed model
- Importance of supervision and the specific needs that are addressed when working with trauma
- "Foster the supervisees professional development and well-being and ensure the client's welfare" (Jones, C, 2020)

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