



Supervision: developing an understanding of clinical work and enhancing and protecting wellbeing

Darrel James, November 2020



Introduction

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- Definition of supervision
 - The cyclical model
 - Critically evaluate the **limitations** of my experience of supervision
 - Critically evaluate the **strengths** of my experience of supervision
 - Enhancing and protecting my well-being
 - Client group: older clients
 - Conclusion



Supervision

“A working **alliance** between the supervisor and counsellor in which the counsellor can offer an account or recording of her work; **reflect** on it; receive **feedback** and where appropriate **guidance**. The object of this alliance is to enable the counsellor to gain an **ethical competence, compassion** and **creativity** in order to give her best possible service to the client” (Inskipp & Proctor , 2001).”



The cyclical model of supervision

The cyclical model was developed by Steve Page and Val Wosket in the 1990s (Page & Wosket, 2001 Page & Wosket 2014 pp. 40-44).

Mary Creaner (Creaner, 2014) points out that the **three fundamental aspects** of good supervision are:

- ▶ the well-being of the client,
- ▶ well-being of the supervisee,
- ▶ the professional development of the supervisee.

When I refer to my placement I am referring to a placement with a GP cluster from February to May 2020.

Page and Wosket - A Cyclical Model of Supervision





Contract

- agreement
 - set expectations
 - respectful to one another
 - set out emergency contact
 - duration
 - ethical code
 - confidentiality
 - GDPR
- 



Focus



- content
- preparation
- client work
- prioritising
- accountable
- focussing



Space



- most time
- held
- within the holding space
- client work
- discomfort or distress
- mistakes
- containment
- reflection
- insight and movement



Bridge

- take what is learnt back
 - utilize and integrate
- 



Review



- evaluating
- assessing
- recontracting



Critical evaluation of the strengths and
limitations of my experience of supervision



Limitations

- managerial oversight and clinical supervision (Nolan, et al., 2014)
- BACP, 2020 require a minimum of 1.5 hours per of supervision a month
- Norem et al (2006) identified six supervisee attributes which contributed to positive outcomes
- telephone and online counselling
- wellbeing and self care
- agreed meeting times



Strengths of my experience of supervision

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- Ellis and Ladany (Ellis, et al., 1996) propose that the acid test of good supervision is that it positively impacts client therapy
 - Norem et al (2006); positive outcomes and attributes
 - proximity
 - observing
 - safety



Effectiveness of supervision

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- ▶ research clearly demonstrates that the **success** of supervision relies heavily on the working **alliance** and **relationship** with the supervisor (Gnilka, et al., 2012).
 - ▶ research into the **outcome** of therapy for the client and learning and development for the supervisee is **contradictory** and **confusing** (Falander, et al., 2013, Freitas 2002, Bambling (2006)).



Enhancing and protecting my well-being

- The **normative**, **formative** and **restorative** elements of supervision all contribute to the supervisee's self care and well being (Inskipp and Proctor, 1995).
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Particular Client Group: the Elderly

- ▶ The number of older adults, aged 65 or above, is projected to **double** from 841 million to 2 billion by 2050 according to the United Nations (2019). In the UK the projection is similar from 10 million to 19 million (UK, Parliament 2018)
- ▶ Mental capacity
- ▶ **Gerontology** studies the social, psychological and biological effect of ageing.
- ▶ Depression (Seby et al 2011)
- ▶ We are not as a country doing well with counselling older clients (The Royal College of Psychiatrists, 2018)



Conclusion

- Getting the **best** out of supervision (Creaner, 2014, pp. 11).
- The five stages the **Cyclical Model of Supervision** provide a structured approach to the topics that need to be explored and discussed.
- The critical evaluation of **strengths** and **limitations** of my experience highlights where I need to focus on improving as well as maintaining/improving standards where am I stronger.
- Regarding **older people** Denis Campbell (2018) stated that:
“...we hear all around the country: it is getting ever harder to access care if you need it and increasing numbers of frail, ill, older people are being left to manage alone.”



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