

## **Supervision For All Profession**

### **What kind of supervision is being offered:**

“Super” denotes ‘over’ or ‘above’ and “vision” means ‘to see’

Putting the two words “super” and “vision” together gives us “over-seeing – a view from above; a bigger picture; a broader horizon or a panoramic perspective.

Supervision is all about vision and supervisory encounter is the meeting point of visionaries: people who have been captured by a vision of their role in the world, of how life can be and how best to express their care for others whom they are entrusted with. (Paterson, M. 2020)

Professional Supervision attends to the impact of work on the worker and the worker on the work. It offers a neutral, confidential and safe space for the worker to do in depth reflection of self in the work and develop autonomy as a practitioner in his/her own field of work. It aims to provide space for reflection and not reporting (as typically done in a usual work-supervision setting with the focus on work appraisal and enhancing work performance)

### **Who may benefit:**

Supervision will benefit people who hopes to foster their own growth in the quality of duty of care to those whom they work with. People who yearn to have a contemplative and compassionately-held space to wonder and explore in gaining fresh perspectives.

### **Approach of Supervision:**

The approach aims to foster an intentional dialogue between the individual’s inner motivation (soul) as he/she meets the demands in their professional field of work (role) and the everyday realities (context) which enable or inhibit the person to find harmony between his/her soul and role.

It takes a soulful and inclusive approach to life and work and invites participating supervisees to engage with their own wisdom practices and traditions. Creativity features strongly in this supervisory process – colour, sound, image, poetry and embodiment may be employed.

### **Focus of supervision:**

- 1) A reflective and respectful process with regards to work-related and lived experience issue supervisees would like to explore for supervision.
- 2) Connecting with the purpose of the supervisee’s duty of care.
- 3) Supervision is not counselling nor pastoral care. Supervisees with counselling or pastoral care needs would be advised or referred to other resources.
- 4) Review of supervisory process will be an on-going process -both supervisor and supervisee will engage in collaborative discussion to review the process and make necessary changes that would help foster growth and transformation.

**Structure of Supervision:**

Supervision takes place in a 50-minute session and it may occur online via zoom or in person at supervisor's office.

Practice of supervision will adhere to the code of ethics for supervisors. More information can be found in the website <http://www.supervision.org.au/values-guiding-principles-professional-standards-ethical-practice/>

Sessions are kept confidential and monitored by a professional consultant for supervision purposes only. However, confidentiality cannot be kept if there is a danger to self, other or property.

**Focus of supervision:**

- 1) A reflective and respectful process with regards to work-related and lived experience issue supervisees would like to explore for supervision.
- 2) Connecting with the purpose of the supervisee's duty of care.
- 3) Supervision is not counselling nor pastoral care. Supervisees with counselling or pastoral care needs would be advised or referred to other resources.
- 4) Review of supervisory process will be an on-going process -both supervisor and supervisee will engage in collaborative discussion to review the process and make necessary changes that would help foster growth and transformation.