



supervision resource

This toolkit follows the format of the topics included in the adintra tailor-made level 6 certificate in Supervision course accredited by the Counselling and Psychotherapy Central Awarding Body (CPCAB) the UK's leading awarding body in counselling, but is not a training manual for supervision training. It is intended to be a live resource and can be amended to suit your own supervisory relationships and contexts.

www.adintracounsellingandsupervision.co.uk

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How to use the resource

The resource is structured into headings, sections include *some or all* of the following;



information section



activity



discussion



reflection section

these elements draw on the understanding and wisdom of Hawkins and Shohet and their model of supervision for the helping professions (2012, updated 2020) as well as other models and approaches, and my own experience and practice in supervision, as a supervisor and as a supervisee, and that of trusted and respected colleagues. This is in no way an exhaustive or definitive guide but aims to introduce you to some concepts and activities to help support your on-going supervision practice. *References to source material are included in the useful links and additional reading section.*

The resource is underpinned by the BACP Supervision competence framework, core competences (2021) and it is recommended that supervisors and supervisees refer to the competence framework to; enhance their understanding of effective supervision and for supervisors to map their own competences and identify any areas for development .



adintra counselling and supervisor reflection tool

This reflective tool is based on the Hawkins and Shohet model of supervision (2012, updated 2020) but also draws on other models, approaches and aspects of reflective practice in supervision. It is intended to be a live resource and can be amended to suit your own supervisory relationships and contexts. The resource links to aspects of the BACP Supervision competence framework, core competences (2021) although cannot encompass all of the competences in this reflective tool, it is recommended that supervisors refer to the competence framework to map their competence and identify any areas for development. The resources poses a series of questions or factors to reflect on and can be used to facilitate discussion in supervision consultancy.

Supervisor's own self-awareness (consider your own thoughts, feelings and behaviours in the session. What was shared, or not, how might sharing have impacted positively or otherwise on the supervisee. How do you feel; before, during or after supervision with this supervisee, how might the client experience this. How do you imagine you would work with this client, is this similar or different to your supervisee)

