

Trained Supervisors at Anglican Care Centre



Joyce Beehre



Lyn Hutchinson



Sally Shepherd



Jennie Gill

Opening hours in Whangarei

Monday to Friday

9.00am—5.00pm

After hours by arrangement

* * *

Counselling can be accessed in

Dargaville—Tuesday, Thursday & Friday

Ruakaka—Tuesday

*Our Supervisors are qualified Counsellors
and hold Certificates in Supervision.*

*We offer a confidential service in a
Christian environment.*



WHANGAREI ANGLICAN
CARE TRUST

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Charities Commission #CC10599

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Clinical Supervision

Anglican CARE Centre

*Te Whare Oranga
(The House of Wellbeing)*



Whangarei Anglican
Care Trust



Care And Respect Empower

Definition and Purpose

How it helps

What to bring

“Intensive, interpersonally focused, one-to-one relationship in which one person is designated to facilitate the development of the professional competence in the other person”.

(Longanbill, Hardy & Delworth 1982 P4)

*C*linical Supervision involves providing a structured relationship where a person can reflect critically on his/her work with the assistance of a trained clinical supervisor.

The supervisor is a person who has sufficient self-awareness and interpersonal competence to be able to understand the ‘working’ world of the other, and to be able to help that person grow both as a person and as a practitioner.

The purpose of clinical supervision is to encourage safe, effective practice for clients while attending to the personal and professional well-being of the supervisee.

Supervision offers an opportunity for accountability, reflection, a wider perspective and an extra resource for the supervisee’s work.

- ◆ To provide regular opportunities to reflect on your work.
 - ◆ To develop skills and strategies that allow you to be more effective in your role.
 - ◆ To gain insight and understanding about why things turned out the way they did.
 - ◆ To receive feedback on your actions/approach/behaviours.
 - ◆ To gain access to other perspectives or viewpoints.
 - ◆ To ensure you are not left alone to carry difficulties, problems etc as a result of the work that you do.
 - ◆ To be validated and supported as a person and as a professional.
 - ◆ To offload and express personal responses/feelings that arise as a result of your work.
 - ◆ To plan and utilise personal and professional resources better.
 - ◆ To be proactive rather than reactive.
 - ◆ To check decisions and choices you have made.
- ◆ A situation which you could have managed more effectively.
 - ◆ An incident that went unusually well or had a successful outcome.
 - ◆ An incident or issue that you keep thinking about or has caused you to feel upset.
 - ◆ People management issues (staff, clients, colleagues, managers...).
 - ◆ An incident or issue that is in process and could go one way or the other.
 - ◆ A situation which is coming up and may be challenging
 - ◆ Planning and development issues or tasks.
 - ◆ Decisions, ethical dilemmas or career choices.
 - ◆ A theme or issue that is apparent in your work.
 - ◆ Personal/professional interface issues—stress management, balancing work and home life, assertiveness issues...