

**Trained Supervisors  
Anglican Care Centre**



Joyce Beehre



Sally Shepherd



Lyn Hutchinson



Jennie Gill

**Whangarei Office**

Monday to Friday  
9.00am—5.00pm

*After Hours by arrangement.*

**Costs**

\$90+GST / session

*Invoiced to employer or  
paid at time of session.*

*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 Reg: CCI0599

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**Anglican  
Care Centre**

**Clinical  
Supervision**

*Te Whare Oranga*  
The House of Wellbeing

[whgcare.org.nz](http://whgcare.org.nz)

## Definition and Purpose

*“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 inter-personal 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.

## How it helps

- ◆ 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.

## What to bring

- ◆ 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 etc).
- ◆ 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 etc.