

Providing Good Clinical Supervision

The course that shows clinicians how to use pre-existing skills to provide effective clinical supervision.

A 2-day Course for 6-15 people (1-day version also available).

Executive Summary:

Clinical supervision is a key concept that many people are unclear about. Unclear whether 'supervision' means that you should be ensuring that the supervisee is 'doing it right' or whether you should be providing a sounding board for the supervisee to develop their clinical thinking, or what. And many people are equally unsure about exactly what their professional body has to say about it, and where to find that out.

This course is designed to clear up all of the above by looking at what the professional bodies say about supervision, how to establish a competent supervision contract, and how to deliver on that contract. The aim is, therefore, that by the end of the course you will both (a) know about clinical supervision and (b) be good at providing it.

What the course covers – the agenda:

- Definitions, purpose, boundaries and tasks of clinical supervision: just what is it?
- What do professional bodies say is required?
- Models of supervision.*
- Davies's Structured Supervision Plan
- The structure of supervision: setting it up right. Pros and cons of the line manager and the clinical supervisor being the same person; frequency, duration, etc; clinical responsibility.
- Setting it up right 2: peer supervision.
- Forming a supervision contract: how and why. Includes video demo.
- Practical exercise on contracting.
- Delivering the contract well. What makes for good and bad supervision? What works especially well in supervision, what are the pitfalls to avoid?
- Socratic Dialogue
- Focusing the conversation.
- Giving information and helping the supervisee plan to improve on what they already do.
- Responding to 'resistance' so as not to magnify it.
- Supervising people in groups, using the same format as supervising people individually.
- Supervising people in groups, setting up successful Consultation meetings.

- Supervising the supervisor. The buck never stops quite where you think it does.
- Legal and ethical issues and responsibilities.*
- Trouble-shooting. Conflicts and other problems.*
- Keeping things going well.
- Applying what we have covered, reliably, including the use of the trouble shooting checklist.

*There is significantly less coverage of this topic on the 1-day course than on the 2-day.

What the course covers – the agenda:

- You will have confidence that you know what you are meant to do, and not do, as a supervisor; you will know what supervision is meant to be.
- You will have the skill (and the downloadable resources) to set up contracts with your supervisees so that everyone knows where they are and what is expected of them.
- You will be able to provide positive, effective and stimulating supervision both individually and in groups.
- You will be able to set up 'peer-supervision' arrangements, for pairs and for larger groups.
- You will have the confidence that you know about - and can therefore feel relaxed about - the legal and ethical issues involved in supervision.
- You will have the resources to deliver what has been covered, reliably.

Delegates' Feedback

Average presentation rating: **98%**



Average relevance rating: **96%**



Written Feedback:

"Thank you, thank you, thank you. I have waited 8 long years for this training and it's been as helpful as I hoped."

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Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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