

CLINICAL SUPERVISION

What is Clinical Supervision?

Clinical Supervision is recommended for professionals dealing with traumatic information and experiences. It involves a formal relationship between supervisor and professional, through which support and coping mechanisms can be developed. Clinical Supervision differs from therapy as it takes a 'monitoring' approach, rather than focussing on specific goals.

Clinical Supervision can be provided in group or individual settings, and through in-house meetings or video conferencing. The regularity of Clinical Supervision can vary, however many organisations favour a long-term monthly format.

How can Clinical Supervision help?

Clinical Supervision can be modified to meet the needs of your organisation and can have the following positive outcomes:

- Provide emotional support and a space for reflection
- Reduce the risk of burnout and stress at work
- Identify opportunities for professional development
- Enhance professionals' confidence, competence, and skills in dealing with a variety of situations
- Promote open communication and support within the organisation



Enquire about Clinical Supervision for your organisation
admin@cbe.net.au