

QUALITIES and ABILITIES to PROVIDE REFLECTIVE SUPERVISION

The Supervisor should come with a foundation of:

Respect

Interpersonal Safety

Trust

Working Alliance between Supervisor and Supervisee

Essential Qualities of a Supervisor:

- Self-Awareness
- Use of self in supervision
- Awareness of her effect on the supervisee
- Recognition of supervisee's perceptions of power and control and authority
- A practice of exploration of her own feelings about the supervisory responsibility
- Ability to be vulnerable by revealing her reactions and admitting to points of confusion
- Restraint from filling up the supervisory time with anecdotes about herself
- Thorough knowledge of her own tendencies, life experiences, disciplinary training, preferences and style that influences her understanding of infant family work
- Ability to listen well – or the “gift of perfect attention”
- Inquiry without interrogation – asking questions in a way that allows the clinician the opportunity to explore her own reactions to a parent, situation or event
- Ability to develop a sense of the case over time