

THE SUPERVISORY RELATIONSHIP

Supervision:

- Learning ways to think about responses to families.
- Learning how to formulate informed questions that might lead to greater understanding instead of quick problem resolutions.
- Gives clinician a chance to reflect, to refuel, or to consider what to do next. This opportunity is essential because of the compelling nature of family work.
- Although the focus of Reflective Supervision is the work that the clinician is doing with a family, it is more than a simple recitation of activities, events, and changes.
- It should include attention to both the content and the process underlying the activities, including the feelings evoked by both the content and the process.
- At best, Reflective Supervision includes:
 - * Careful listening
 - * Observation
 - * Attunement to the supervisee's affective state
 - * Questions and responses that let the supervisee know the supervisor is fully present
- The goal is a collaborative dialogue that promotes an increased understanding of self, of the family, and thinking together about the next steps in the intervention process

The supervisor facilitates and guides discussion to:

- understand the history of the child and family
- understand influences of the past on current situations
- understand the clinician's own experiences and needs
- help the clinician build communication between her and the family
- consider the perspective of the family
- think about intervention strategies
- witness the clinician's work
- hold intense feelings