

**TIS - exercise**

What might include trauma-informed supervision? In what else TIS can differ from clinical supervision?

In trauma-focused supervision, for example, meetings can be enriched with exercises that focus more on self-care, goals, and support. An example of such an exercise for supervisees is below.

Exercise:

- List your current self-care methods to each category - cognitive, physical, spiritual, social or verbal self-care methods
- List 3 your strengths
- List people who support you
- Evaluate the support from your organization (e.g., if organization support the supervision attendance)
- List 3 your professional and personal goals
- Define your needs of support from friends, family, or organization
- Prepare plan for you - How you want to increase self-care. How you want to achieve goals.

https://pcar.org/sites/default/files/resource-pdfs/trauma_informed_supervision_guide_508.pdf