

MOOC 2 – Unit 5

Supervision of Complex Interventions

Dear helper, you are not alone on
your journey of helping others

Developed by University of Presov, Slovakia



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Learning Unit Outcomes

In this learning unit you will learn information about what is:

- a) **important to know** about **supervision**;
- b) **important to do** in **supervision** and **how to do it**;
- c) **specific for the supervision** in the **trauma setting**.

All of this information is not useful in just **doing own supervision** but also in the process of **teaching the person to be a supervisor**.

We know that **teaching of supervision** is much more about **practice** than about theory, so **we try to offer** you a lot of **tips, good practices, and materials** that can be **used** in the process of **teaching of supervision**.

INTRODUCTION

Supervision of Complex Interventions

To supervise their clinical and theoretical work, psychologists have met in groups at least since the founding of the Vienna Psychoanalytic Society (Counselman & Weber, 2004). Supervision is a **form of an educational process** that can occur **in various fields or professions**. Supervision represents professional education **as a form of training**. Supervisees attending supervision should have an **opportunity to learn** from experts in their professional area. However, in some cases they can also learn from experts in other fields (American Psychological Association, 2015).

But supervision is **not only about learning**...

It is also about **support**.

It is useful **prevention of burnout**.

It is kind of **responsibility** that helpers should have **to their client**.

