

MOOC 2 – Unit 5

Supervision of Complex Interventions

Chapter 4

Good Practices

Developed by University of Presov, Slovakia



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Chapter 4 : Good Practices

4.1 Summary
about what is
important in
supervision

4.2 Reflective
supervision

4.3 Guidelines for
supervision



4.1 Summary about what is important in supervision

In supervision, it is important to:

1. Know **what supervision is** and **what it is not** (materials and information about that are in Chapter 1).
2. Have a **well-established contract** between supervisor and supervisee (see in Chapter 1).
3. **Ask good questions** (see in Chapter 1).
4. **Ensure a pleasant environment** for supervision to be beneficial (see in Chapter 2).

Especially in the supervision of helpers who work with clients surviving trauma it is important to:

5. **Educate about work stress** and its impact **and how to handle it** (see in Chapter 3).
6. **Know what is secondary traumatic stress** or vicarious trauma and **how to avoid it** (Chapter 3).
7. **Be more reflective** than formative.



4.2 Reflective supervision

Members of crisis teams need **reflective** supervision rather than formative. Although reflective supervision is based on clinical supervision, it differs in some ways because it reflects the fact that members of crisis teams provide early psychological intervention.

Reflective supervision is **more focused on education about stress and trauma, communication about responses to traumatic events, and about the need to take self-care** (more materials and information about that are in Chapter 3).



4.3 Guidelines for supervision

For the supervision in emergency setting, and/or helpers who work with trauma the following guidelines can be useful (these guidelines could be used as materials during teaching supervision):

1. Trauma-informed supervision (TIS) guidelines:

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

https://www.thenationalcouncil.org/wp-content/uploads/2020/05/TI_SupervisionNote-Template.pdf?daf=375ateTbd56

Another useful summary and brief guide with references related to TIS can be found there:

<http://www.safehandsthinkingminds.co.uk/wp-content/uploads/2016/03/trauma-informed-supervision.pdf>

Here you can download a useful ebook related to working with trauma for free: <https://www.relias.com/blog/trauma-informed-supervision>

2. Guidelines for clinical supervision:

<https://www.apa.org/about/policy/guidelines-supervision.pdf>