



Useful questions (reactions) during supervision (from the supervisor perspective)

- I know that you have been working with a challenging case(s) that has encountered a lot of trauma. As we both know, this type of work can expose us to secondary traumatic stress.
- How has this case affected you?
- How have you been dealing with it?
- What can I do to make sure you are getting what you need? What can I do to support you in taking care of yourself?
- I have noticed a change in your behaviour/demeanor, and that you appear withdrawn, apathetic, upset, frustrated, etc. since you have been dealing with this client/family/situation etc., and I am concerned for you. What's going on? How are you feeling? How can I help you?
- I appreciate all of the hard work and dedication that you are putting into this case, and I am sure the client/family does as well. Are you taking time for yourself to recharge? Do you have any vacations planned?
- What are some things that you have learned about yourself from your work on this case that have positively influenced your perspective, approach, job, etc.?
- With this new knowledge/awareness, is there anything we can do as a unit/agency to enhance what and/or how we do business?
- If at any time, you need a break, additional support, or need to hand off your case, please don't hesitate to come and talk to me.

<https://www.pacesconnection.com/g/becoming-a-trauma-informed-and-beyond/fileSendAction/fcType/0/fcOid/475599658546455450/filePointer/475599658546455545/fodoid/475599658546455539/3rd%20Edition%20TI%20Supervisor%20Workbook.pdf>