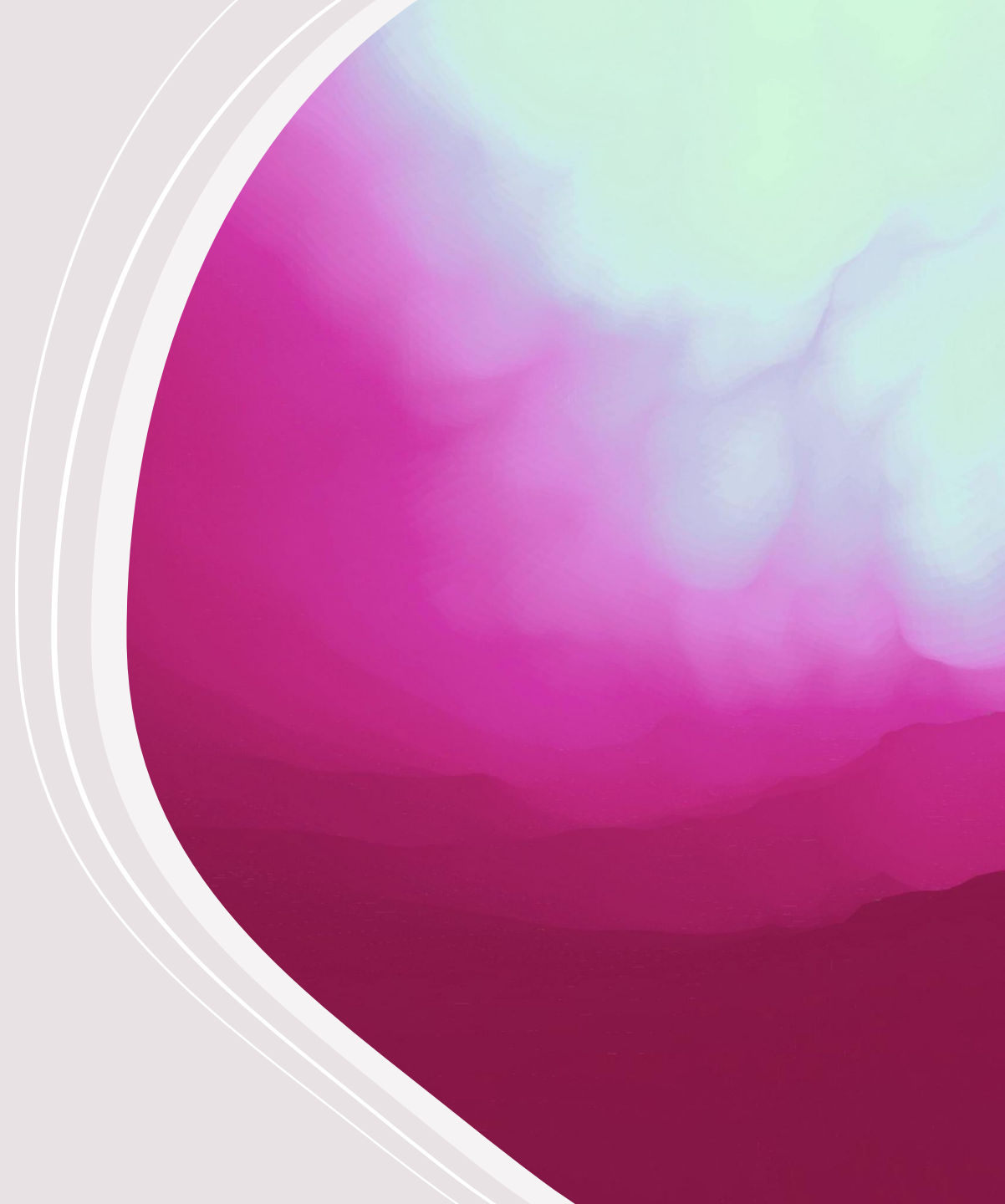


The role of supervision in supervisee wellbeing

Dr Mish Seabrook



“The expectation that we can be immersed in suffering and loss daily – and not be touched by it – is as unrealistic as expecting to be able to walk through water without getting wet. This sort of denial is no small matter” Remen (1996: 52)

Remen R. N. (1996) *Kitchen Table Wisdom: Stories that heal*. New York: Penguin



Photo by [Elena Mozhvilo](#) on [Unsplash](#)

**In this
workshop...**

What

Why

Who

When

How

What...

What is your understanding of supervisee wellbeing/self-care?

What are the issues you look out for?

What has been your experience of addressing supervisee wellbeing?

Why... (part 1)

Burnout

Vicarious trauma

Life events

Disclosure

Intersectionality

Why... (part 2)

Supervisor Competency Framework (page 25):

5.4 Attending to the supervisee's wellbeing

Knowledge and understanding of the importance of consistently attending the supervisee's wellbeing and self-care for the development and maintenance of practitioner efficacy

Knowledge and awareness of the symptoms of stress and burnout and of potentially constructive interventions

Ability to discuss, model and support the development and maintenance of self-care strategies

Ability to support and challenge supervisees to manage the psychological impact of client material on their personal well-being and professional functioning

Ability to support and challenge supervisees to access personal therapy when needed

Ability to respond appropriately to and support supervisees experiencing symptoms of stress or burnout.

Who & when...

Who usually initiates discussions about wellbeing in supervision?

Why is this?

When/how do you raise a concerns about self-care?

How have you contracted addressing self-care & wellbeing with your supervisees? How often do you revisit this?

How...

The 'golden question'



Thanks!

Today:

Discussion about self-care and wellbeing in supervision at 2pm

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