

Supervisee Reflections on Group Supervision Processes

1. What are the practical issues I need to consider to make sure that I can attend supervision regularly?
2. What do I want to learn?
 - What are my personal learning goals?
3. How do I learn best?
 - Do I learn best by reading theory, practical application, discussion, reflection, role play practice etc.,
4. What has been my experience of supervision in the past?
 - What aspects did I like and not like? How might these factors contribute to planning for current and future supervision?
5. What do I perceive my role is in supervision and what do I see as the role of the supervisor?
 - How can I make this explicit to the supervisor and my peers?
6. What sort of supervision am I looking for? (I.e. how will I manage gender, orientation, experience and theoretical orientation differences that might be different to mine within the group?)
7. What are the expectations of the workplace/supervisor of me?
 - Are there reporting requirements? Where are notes kept?
8. What are my professional needs?
 - Clearly think about what you want to achieve? Does my professional needs 'cross over' my personal needs? How can I manage this?
9. How will I communicate to my supervisor (and peers) what I need from supervision and identify these explicitly within supervision? (written feedback at the end of the session, verbal)
10. How will we evaluate the process of supervision?
11. What if I don't like my group – how will I manage that?
12. Who can I recruit for support if things go wrong?
13. Do I have options? How do I activate these options?