



Find Yourself Be Yourself Grow Yourself

Introduction to Alternative Supervision

When supervisees are unable to make supervision due to an emergency, I haven't felt comfortable charging them for the session and then finding another slot for them that they have to pay again for. Equally I don't want to lose out on money I was expecting. So both parties get their needs met without too much change I offer my supervisees the opportunity to use Alternative Supervision as a one off. I have created this sheet to support them in their thoughts when reflecting on their client work.

It has been a huge success and many of them get something unique out of working this way. I encourage you to try this in your own supervision as well.

Things to consider:

- I would not work this way with trainees
- Think about the time frame in terms of how long they spend on the 'work' and when you expect them to send it to you as you need to have time to reflect back. Be clear on what you are offering.
- May want to find a way to report safeguarding concerns
- Discuss this way of working with supervisees before the emergency so you can gather their thoughts on it and agree your contract

Alternative Supervision Guidelines

We may decide to use Alternative Supervision as a way of working when either you or I have been called to an emergency and cannot make our agreed supervision session. Please use these as guidelines to aide you in your reflective time.

Spend time reflecting on your work in a way that feels congruent to you and share that with me in a way that we have agreed.

You can:

- Write an account of each client or select a few clients. You may want to give me a short biography of the client so I know who you are talking about but I'm not looking for a perfected case study but your reflections on how they are and what's going on for you both.
- You can spend some time creatively reflecting on your work as a whole or a particular client
- You can send me a voice note.
- You could do a free stream of writing where you don't over think it or edit it and see what comes up
- When we first meet we would usually have a check in so feel free to do this in whatever you choose to send me.

I will respond to you in a way that is congruent to the way we work together and I will try and mirror what you have done as a response back to you.

Please highlight any safeguarding concerns or questions you need answered, and we can schedule a short call if necessary.

Things to consider:

- We are not cheating at supervision, I hope this way of working is really enriching and enlightening. But only you know if you are using the time well and getting enough out of it, feel free to reflect on your process as part of this.
- Don't get too caught up with time, if you are replacing 1.5hrs supervision you don't need to spend that exact amount of time thinking. Some of this time is also mine to respond and yours to listen/read back.

Ideas to inspire you

These are all just ideas, see which ones resonate with you and take it from there. Alternatively, you may be happy to do your own thing.

You

Write a list of all your clients, you can split this into the different columns depending on the mix of work you do such as individual, supervisees, couples. Look at the list and think which applies.

The one:

- I feel most proud of
- I don't want to talk about
- I don't like
- I am confused about
- I feel most sorry for
- I feel angry about/with
- Would work with forever
- Hope they DNA
- Would like them to end
- Feel overwhelmed by their story or them

Reflection

Choose 2 or 3 clients and write up your thoughts about your work together and what is going on for you and your client. Consider these points if you get stuck:

- Short bio about them, M is female, came with workplace stress, seen for 6 sessions etc etc
- What has worked well
- What hasn't worked well
- What is the quality of the relationship between you both like
- Do you think they are being authentic?
- If you were their best friend what advice would you give them?
- What are your bias towards this client?
- Close your eyes and imagine you are with your client on a journey, how are you traveling, where are you going, what can you see?
- What colour are they?
- Do you have any dilemmas or questions that I can help you with?

Creative Ideas

- Choose some miniatures or look through cards that you use and pick 3-4 items/cards that resonate with you when this client is in your mind. Write about these cards.
- Have a client in mind and do a free doodle (take a 'dog for a walk'). When you have finished look at the doodle and see what appears to you. Colour it in or bring it more to life. Reflect on your piece.
- Choose art materials of your choice and freely express. Allow yourself 15-20 minutes. When finished write 5 feeling words that come to mind when you look at your work. Write up your thoughts about your work and what it connects to.