

TYPES OF SUPERVISION

The most common supervision arrangements are group supervision, individual supervision and peer supervision. Below is a brief overview of each:

Individual supervision takes place between a supervisor and a supervisee. Sessions are often monthly for 1/ 1.5 hours. The focus of the session is on the supervisee and what they wish to bring to the session. As such they have more time to discuss their issues than they would in a group.

Group supervision is facilitated by a supervisor and provides an opportunity for supervisees to share issues with other colleagues and benefit from the wealth of experience within the group. The supervisor takes responsibility for the structure of the group. This will include time keeping, focusing discussion and facilitation of group dynamics.

Peer Supervision groups meet without a supervisor to facilitate the process and can be an effective means of reflection and support. However, having an awareness of group dynamics and the impact they may have on a group is beneficial prior to establishing a peer group. Without a supervisor, the group becomes responsible for managing group dynamics, which can be challenging and may detract from the issues a member of the groups wishes to bring.