

# Maximising your supervision experience: A workshop for supervisees

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## Abstract

Professional Supervision provides practitioners with the opportunity to reflect on and critique their clinical practice. It plays a significant role in the health, wellbeing and maintenance of professional competence. Supervision is most effective when supervisees have adequate knowledge and skills to engage in the process. The acquisition of such knowledge and skills enables supervisees to get the most out of the supervision process and subsequently continue to develop as practitioners and provide the best possible service to clients.

The content of this engaging and interactive workshop is based upon research undertaken regarding how to support supervisees to maximise their supervision experience. It is applicable to practitioners of all levels of experience looking to maximise their use of the supervision process. Topics covered include:

- What supervision is - the purpose, functions and process
- The supervision relationship
- Negotiating contracts
- Roles and responsibilities
- Preparing for and presenting in supervision
- Feedback, and much more!

## Keywords

Professional supervision, supervisees, competence, skills, maximise

## Presenting Author Bio

Julie Steward is a registered Social Worker with 20 years experience working in the areas of child protection, outreach youth work, addictions, mental health and family violence. She currently has her own private practice as a professional supervisor (including being an approved DAPAANZ supervisor) providing external supervision to a variety of professionals within the social service sector in Whangarei. Her own experience of supervision over the years coupled with her current role as a supervisor has created a passion for supporting practitioners to gain the most they can out of the supervision process and subsequently be the most effective, competent and healthy practitioners they can be.