

# Episode 1 - 11:09:2022, 17.08

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supervision, clinical supervision, supervisor, work, clinical supervisor, encouraged, space, helped, practitioner, share, influence, thought, talk, helping professions, role, doctorate, practice, podcast, messiness, providing

## SPEAKERS

Dr Mish

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Dr Mish 00:08

Hello, everyone, so good to be here. And this is a bit of a new space, for me, I've done a podcast before where I've invited guests on to talk about their journey with resilience. But this is a bit different because this is a new space. So welcome to the craft of supervision. The reason why I've decided to do a podcast on supervision is because I think it's a really, really important part of the work that people do when they help others in their role. And this can be across the helping professions. So it means that clinical supervision provides a place where people can, can take the challenges and joys of their work and who they are, and unpack it all. And I thought it was really important space to bring to the podcast world to just look at clinical supervision. So I'll be talking about things that have influenced me and things that I think are useful, some of the debates around supervision, things that perhaps aren't so useful in supervision, some of the joys and the difficulties that come with embracing clinical supervision into your practice. So this space might be useful for you if you are an aspiring clinical supervisor, or you may be a well seasoned practising clinical supervisor, who also just wants to think about supervision practice. For so for this first one, I thought I would talk to you about the importance of supervision for me, because I'm certainly not sat here on a pedestal of knowing everything about supervision. I have done my doctorate in clinical supervision. So I know a fair bit, but I certainly don't position myself as a perfect supervisor or a perfect supervisee or anything like that at all. I really just want to share my curiosity and my enthusiasm for for supervision. So when I first came across supervision, it was when I was working as a probation officer with lifers. And in that space, we were given the time to go and see a clinical supervisor to manage the impact of the work and the nature of the material that I was having to listen to. And I had no real idea what to expect when I went to that first clinical supervision appointment. But I kind of just thought, yeah, let's let's go if this is something that they think might help me, then yeah, I'm, I'm up for it. So off we went. And it came at a really interesting time for me, because I've worked in the criminal justice system for a number of years in a few different roles. And I've noticed that some of the work stayed with me, outside of the workplace, I'd noticed that my view of the of the world, and my place in the world had shifted slightly. And I suppose you could say, I think the world word that we'd use nowadays, we would say triggered, it's suppose you could say I'd been triggered by the work and that it was showing up in places that I kind of didn't want it to show up in. So when I went to this first supervision appointment,

this wonderful supervisor said to me that I was able to use the supervision space, to reflect on my work, what I was actually doing, when my work and how my work affected me, my ambitions and my goals in my work, looking at the struggles, the challenges and all the successes as well. And she really encouraged me to have a look at my work from both a professional and personal view, rather than just a practitioner role. She encouraged me to bring myself into the work I was doing and all the kind of often with our personal selves and our professional selves. There's a bit of messiness in between and she really encouraged me to sit in that that messiness of all the things that were influencing me as a practitioner. So when this was explained to me, I was kind of like wow, this is really really useful, I really like it. And so off, I would go every month, and the space just opened up to eventually encourage me to, to take up psychotherapy, I asked her one day about how do I sit in your chair and she clearly saw something in me that she thought would be useful to the therapeutic world and encouraged me to do my psychotherapeutic training, and encouraged me to do my supervision and have a look at that, and also encouraged me to do actually encourage me to do my doctorate as well. So she was a really, she's been a really important influence. And she just encouraged me to bring my whole self, she knows a lot about me a lot about who I am a lot about my family. And I really liked that in supervision, I've been able to bring those different layers into this reflective space. And by seeing her bear in mind, I wasn't in a therapeutic role when I first saw my supervisor, but by seeing her in a role where I was helping others, it really cemented the idea of supervision being relevant and essential across the helping professions. So she really helped sow the seed of the value of supervision for me. And of course, supervision for me has evolved when I was first started doing my therapy training, supervision was a, a place where I was very cautious whether I was doing therapy right. And for those of you who have trained in therapeutic approaches, I'm sure that feeling will be being very familiar. We wonder if we're doing it right. And we're quite nervous about what? Well, I certainly was, I was nervous about what my supervisor would say, and how, how I was being assessed essentially in supervision as well. But I've had various experiences in supervision, I've had ones that have been quite challenging, and not sure whether they've been very helpful to ones where I felt entirely cared for and nurtured. And my, she really helped me develop my confidence as a as a practitioner. And so when I've decided to come as a super, train as a supervisor, I kind of wondered what kind of supervisor I wanted to be. And what elements of my supervision experience did I want to carry forward? And what elements did I think, wow, I kind of don't want to do supervision in that way. And I suppose to be a supervisor, it's about finding your way and I hopefully will do a short episode about about that subject. So look out for that one, if that's something that you're interested in. But yeah, here I am. So one of the things that I i, because of my enthusiasm for supervision, one of the things that I've done this year was that I decided that I wanted to explore the world of clinical supervision, and I did my doctorate in it. And my research project was about how supervisee self care can be addressed in clinical supervision. And I loved doing this project, I loved immersing myself in the world of supervision and in the world of practitioner well being. And I think it's a really, really important part of off supervision of providing good quality supervision to make sure that we're, we're providing a space where supervisees can disclose some of the difficulties that they face regarding their well being. And yeah, so I will share that also, at some point in a bit more detail. But the aim, really for for me and providing this podcast and sharing this journey with you about all things supervision is to hopefully add to the debate. And I'm really glad to be here and I hope that this will be a useful space like I say whether you're an aspiring clinical supervisor, or whether you are a well seasoned long in in practice supervisor, both ends of the spectrum and everything else in between. So just letting you know that here I am. And I really hope that this will be a useful space for you all and I'll be delighted to share all my thoughts and my curiosity and my

supervision aims ambitions and how we how we can shake up some of the supervision world. I'm going to be delighted to share all of that with you. But that's who I am. And hopefully I'll see you here next time for the next episode but thanks for being here for now speak soon