

Our approach to group supervision

Holding our sense of the tasks and the process of Supervision here is a suggested approach for a closed group.

Tasks of Supervision

Contemplative: Awareness of God

- Being attentive to God's presence in the supervision session.
- Helping the director pay attention to where and how God is as she/he remembers her/his work with the directee.
- Noticing movement towards and away from God.

Affirmative: Encouragement and support

- Naming strengths and celebrating gifts.
- Looking for what the director does well.

Formative: Growth in insight

- Exploring theory; developing knowledge and insight.
- Developing self-awareness and awareness of relationship dynamics.
- Looking at appropriate interventions, the use of silence.

Normative: Ensuring good practice

- Attending to issues of boundaries, standards, ethics, blind spots.
- Identifying any areas of vulnerability or concern for directee or director.

Restorative: Releasing and holding

- Encouraging feelings to be owned, named and released
- Exploring general self-care.
- Celebrating breakthroughs and recharging energies.

Process of Supervision

- Hosting and containing
- Eliciting and focusing
- Exploring and imagining
- Tracking and monitoring
- Bridging and enacting
- Reviewing and closing

Suggested Outline of Supervision Groups

In preparation for supervision, you may find the documents on <https://accompaniment.ssm.org.uk/pastoralsupervisors/> helpful

1. **Checking In – How am I as I come into the supervision space**
2. **Stilling, prayer and/or creative reflection**
3. **What/who are you bringing?**
Space to reflect
4. **Each says whether they need the space today or whether it could wait.**
The facilitator helps the group to decide how many to hear and in what order.
5. **The first person shares what they are bringing, why they bring it today and what they are looking for from the Supervision.**
Time for clarification questions
6. **Supervision**
Facilitator holds the process so that the focus is clear.
Members of the group help the person explore the situation.
 - Keep focus on the experience of the Director and not ask about the Directee.
 - Pay attention to the here and now
 - Not problem solving or advice giving
 - Allow the facilitator to facilitate the process.

Continues as long as helpful / time allows and towards the end of the time with each person attend to the contemplative task.
(If there is time others can be supervised)

7. **Towards the end: time for reflection**
What am I taking with me from this Supervision session?
Who is the God who is with me now?
Sharing of this in the group.