

Supervision FAQ's

The basics

- **What is supervision?**

“Supervision is a joint endeavour in which a practitioner with the help of a supervisor, attends to their client (and) themselves as part of their client practitioner relationships and the wider systemic context, and by so doing improves the quality of their work, transforms their client relationships, continuously develops themselves, their practice and the wider profession.” Hawkins and Shohet Supervision in the Helping Professional (2012).

The supervision sessions associated with this project will provide a space to reflect on learning from the online course and in-practice session/s. Supporting integration of the core principles of the biopsychosocial model of disability through the application and exploration of the supervisee's own circumstances and experience. Thereby developing greater competence through recognising opportunities for change and responsibility for their own practice.

- **What sort of supervision is being offered?**

Group supervision will be offered in groups of four, for 90min each month, for six months. This will provide opportunity for participants to connect with other dietitians, share experiences and for those with limited exposure to working with people with disability to always have topics and experiences to explore.

This is not direct operational supervision of your practice that you may have been involved with as a student or within your workplace. The invitation is to participate in self-directed exploration of your own practice with the support and encouragement of an experienced dietitian and peers.

- **What does group supervision look like?**

Most sessions will provide opportunity for two supervisees to share a topic, problem or challenge to their practice they would like help to understand and move forward with. Sometimes a supervisee may have a large or complex challenge while another may have a much smaller question to pose. Prioritisation of presenters/topics will be negotiated at the beginning of each session. Any time bound or urgent problems will be prioritised.

The supervisor will facilitate the session, managing the time and schedule across weeks to ensure everyone has opportunity to explore their topics/challenges to practice. All participants are actively involved in each session. The supervisor may facilitate discussion, provide education, instigate role play or other activities to support the clarification of the core challenge to practice and the development of a plan to move forward.

To support consistency across groups an agenda with the key elements will be provided to all supervisors and collected via (tick the box) Survey Monkey following each session.

For Supervisees

- **How much will it cost?**

A contribution of \$45 per session is required with the grant covering the remaining. Commercial supervision fees vary widely with individual supervision ranging from \$120-\$280 per hour and group supervision averaging \$360 for 90min. The fee chosen is approximately 50% of average group supervision fees. Fee of \$270 (6 sessions) will be due up front to secure your place.

- **What if I miss a session?**

The group nature of the sessions mean that “make-up” session or refund are not routinely available.

- **How many places are there?**

There are 10 supervisors who will take one group of 4 participants each, allowing for 40 places. A waiting list for additional places and/or preferred day/s times is available.

- **How will supervisees and supervisors be matched?**

Supervisees will be able to self-select which supervisor they would like to engage with based on availability and area of practice. This will also enable supervisees to manage availability, areas of practice, any dual relationships or conflicts of interest.

Eligibility and prioritisation

- **Who is eligible to participate?**

Qualified dietitians working in Australia. The supervision program is not available to students or new graduates who are not yet working as a dietitian.

All participants should complete all 5 modules of the online Evergreen course *Introduction to Disability and Inclusion for Dietitians* prior to commencing the supervision sessions.

- **With only 40 places, who will be prioritised?**

This program is funded by an ILC Mainstream Capacity Building grant from the Department of Social Services. The aim of the grant funding this program is to build *the capacity of mainstream dietitians, by making sure they have the knowledge and skills they need to meet the needs of people with disability*. When registering we will ask participants to declare their work setting (hospital, community health, private practice, disability service, public health or other). Mainstream refers to those settings/services that cater to all people including people without disability, and services that are not disability-specific. Dietitians exclusive working in a specialist disability service or organisation are not the priority group for this grant and will be wait listed pending demand for available places.

The broader program – Capacity Building for Dietitians in Disability (CBDD)

- **Where does this program fit in the broader project?**

The CBDD program commenced with a needs assessment in 2021, which identified three key outputs

Online, self-directed education	➔	Evergreen course
Online, interactive workshops	➔	In practice sessions
Supervision and support	➔	Supervision program

The final component of the program is evaluation.

- **What evaluation is underway?**

Evaluation of the online course and In practice sessions has ethics approval from the University of Wollongong and is underway. Evaluation of the supervision program will be in the form of a survey to all participants (supervisors and supervisees) at the conclusion of the program and use of routine data (attendance and agenda themes) that is collected by supervisors. Full details in the Participant Information Statement (PIS).

- **What evaluation do I need to participate in?**

As you complete the online course each module has an evaluation survey. Likewise, if you attend an In practice session you will be provided with a link to a survey. Your participation is always voluntary and very much appreciated.

The Supervision program includes evaluation. By choosing to participate in the Supervision program you are also choosing to participate in the evaluation. You can opt out of the program at any time.

