



SUPERVISION TIPS

Therapist outline for supervision structure

Below are some suggestions to include in your sessions with your supervisor/s

Below is an outline of some typical action steps that can be incorporated into supervision sessions and development of the overall relationship between therapists:

1. Establish Regular Supervision Meetings

Create a consistent schedule for supervision meetings. This routine provides a sense of structure and ensures that therapists have a dedicated space for professional dialogue and support.

2. Utilize Virtual Platforms

Leverage virtual platforms for supervision, especially for therapists in remote or isolated settings. Video conferencing tools enable meaningful connections, breaking down geographical barriers and fostering a sense of community.

3. Encourage Reflective Journaling

Incorporate reflective journaling as a practice within supervision. Art therapists can document their professional journey, challenges faced, and insights gained. This not only serves as a personal tool for growth but also becomes valuable material for supervision discussions.

4. Create Knowledge-Sharing Platforms

Establish platforms within supervision for the sharing of resources, research findings, and relevant articles. This exchange contributes to a dynamic knowledge base that benefits all therapists involved.

5. Structured Case Presentations

During supervision sessions, art therapists can present their challenging cases. This provides an avenue for in-depth analysis as the art therapist identifies key issues and also allows therapists to benefit from the collective wisdom of the supervisor.

6. Encourage Specialized Focus Groups

Form specialized focus groups within supervision based on shared interests or areas of expertise. These smaller groups allow for in-depth exploration of specific topics, fostering a deeper understanding among participants.

BLOG POST LINK: <https://arttherapyresources.com.au/supervision>