

Group Supervision Format

Aim

- To provide a safe space for reflective practice to occur
- Provide practitioners with access to other expertise and experience
- Help practitioners to develop and test hypotheses and 'next steps' for a child and their family

Each group member will be invited to present information about a child or family they would like to discuss.

The facilitator will be responsible for keeping the time and making any notes.

Step one – What's the story? (10 minutes)

Presenter:

- Briefly talk about your involvement with the family including reasons for current involvement and first concern (You can use the preparation tool if this helps you).
- Share any information about GRRACCESS (Gender, Race, Religion, Age, Abilities, Culture, Class, Ethnicity, Spirituality, Sexual Orientation).
- When out of time, you can take one more minute to share any final details you think are important.

Group:

- Listen and seek to distinguish between facts, thoughts and feelings.

Tips for the presenter

- Choose a piece of work that others in the group do not know about
- Talk without too much preparation
- You can start by giving your reason for choosing a particular case
- You can omit information if you wish
- Describe a real interaction.

Step 2 – Explore (5 minutes)

Group:

- Only ask questions in order to clarify and establish facts.

Facilitator should prevent the group from digging too deeply

Step 3 – What does this mean? (10 minutes)

Presenter:

- Do not take part in the group discussion, don't step in or answer questions
- Observe what the group focuses on (do they omit anything?)
- Listens to their discussion and take note of new ideas and hypotheses generated.

Tips for the presenter

- 'Which hypothesis is new to me?'
- 'Which sounds familiar and has been tested already?'
- 'Which one would I like to test next?'

Group:

- Explore the dilemma but do not seek to solve it
- Disclose thoughts and feelings

Facilitator should prevent the group from problem-solving and steer back to exploration

Step 4: Next steps (5 minutes)

Presenter:

- Tells the group what they noticed and learnt from their discussion
- Responds to any further points that need clarifying
- Tells the group which hypotheses they intend to test next and what this means for the child.

Group:

- Discuss next steps and perhaps help the practitioner to formulate solution-focused questions.

Step 5: Additional reflections

- Did the presenter find the process helpful?