



What is supervision?

Working under supervision means that a counsellor uses the services of another more experienced and qualified counsellor to review their counselling practice with clients.

Supervision focuses on the interactions between supervisor, counsellor, client and context with the aim of promoting effective practice. Supervision aims to build on the strengths and successes of the counsellor and address any weaknesses.

Supervision supports an individual's organisational, professional and personal objectives including focusing on competency, accountable practice, continuing professional development and personal support, confidentiality, and highly ethical practice.

Who is supervision available to?

Supervision is available to any practitioner working as a counsellor or within a helping profession in the Social Services sector.

How long does supervision run for?

Supervision should take place regularly with the same supervisor over a continuous period of time. The length of supervision should be negotiated clearly between the supervisor and supervisee.

What are the benefits of supervision for the individual?

Supervision is an opportunity to:

- Reflect on practices.
- Deliver better outcomes through exploring and discussing new ideas.
- Enhance problem solving skills.
- Improve clarity and objectivity in decision-making.

Supervision empowers, motivates and increases work satisfaction.

What are the benefits of supervision for organisations?

Supervision:

- Promotes best-practice in the workplace.
- Gives organisations confidence their staff are practicing safely and ethically.
- Encourages a positive culture.
- Increases employee skills in decision-making and problem solving.
- Reduces staff turn-over.
- Enhances professional development.

What are the benefits of supervision for clients involved?

Supervision protects clients by involving an impartial third party in the work of a counsellor and client. This helps reduce the risk of serious oversight and helps the counsellor to reflect on their own feelings, thoughts, behaviour and general approach with the client.

What are the benefits of choosing Home and Family Counselling for your supervision?

- The scope of our work. We provide face-to-face counselling for individuals, couples, and families under a team of experienced practitioners.
- We have counsellors with different theoretical backgrounds and can match the best supervisor for you.

At Home and Family Counselling we work with you to understand how you work best and then help you achieve your work and development goals.

- Home and Family Counselling is a long-established and highly regarded counselling agency. We are committed to delivering a professional, confidential, and highly ethical service.
- We are a multi-site agency and offer supervision at two locations across Auckland.
- Supervision is available via Skype.



How do we work?

Home and Family Counselling supervisors use their skills and knowledge to help you develop yours.

Home and Family Counselling draws up an individualised, personal contract with each person receiving supervision to ensure your specific needs are addressed and, where appropriate, supply feedback in consultation with you, to your employer.

Cost

We offer a competitive hourly rate for our supervision services. We also offer a discounted rate for students. Please contact us for more details.

About Home and Family Counselling

Home and Family Counselling is a well-established community-based counselling service.

We provide counselling to children, youths, individuals, couples and families. Our organisation has been helping people for over 120 years.

We have a credible record of achieving positive outcomes for our clients. We are committed to providing a high standard of counselling that remains affordable (donation basis) and accessible to all.

Our service is sensitive to culture, ethnicity, gender and age.



*"I don't feel judged.
I feel I could talk
about anything."*

Where to find us

Mt Eden

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Contact us

To discuss the best supervision plan for you or your organisation, contact Shelley Anderson, Executive Director at Home and Family Counselling on:

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For more information about Home and Family Counselling visit:
www.homeandfamily.org.nz

Find us on Facebook
www.facebook.com/homeandfamilycounselling



Supervision

Supervision gives you an opportunity to improve your professional practice.



The profession of counselling requires that all practising counsellors seek supervision. It is a measure of accountability to clients, employers, the public and the Association. NZAC, Feb 2008