HANDOUT 18.1 PURPOSE

**10 Foci of Supervision**

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| 1. To provide a regular space for the supervisees to reflect upon the content and process of their work | 6. To ensure that as a person and ad a worker one is not left to carry unnecessary difficulties, problems and projections alone |
| 1. To develop understanding and skills within the work | 7. To have space to explore and express personal distress, restimulation, transference or counter-transference that may be brought up by the work |
| 1. To receive information and another perspective concerning one’s work | 8. To plan and utilize their personal and professional resources better |
| 1. To receive both content and process feedback | 9. To be proactive rather than reactive |
| 1. To be validated and supported both as a person and as a worker | 10. To ensure quality of work |

Supportive:

Educational:

Administrative: