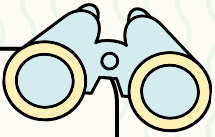




Trauma-informed case study: Supervision Change



1 Where did it begin...

Supervising a new student who's previous placement was terminated following two service user deaths. The student was anxious about the impact of the incidents and being behind her course cohort.

START

2 The problem...

How to best support and supervise a student restarting placement in a way that reinforces wellness and resilience in the least intrusive way and respects their privacy.



3 Applying a trauma-informed lens...



Consultation with trauma-informed practice educator exploring assumptions and biases and promotion of choice, equality and dignity.

4 What should supervision look like...

- A place of emotional safety
- Holistic understanding of the person
- Confidence building
- Open and honest



5 What we did...

- Created a Personal wellbeing plan
- Incorporated more choice that allowed the supervisee to take the lead in their own learning eg. choice in the supervision topic, how observations were arranged, and the time and format supervision was held.

6 What we learned

Taking a trauma-informed approach to supervision is not the same as the basic principles of good care, nor does it define a person by their trauma.