

Lifecchange Therapies – Information on Clinical Supervision

Welcome to Lifecchange Therapies. Clinical Supervision is provided by Dr Paul McQuillan online with each session being about one hour for individuals and ninety minutes for a group.

This information sheet will provide you with an overview of our Clinical Supervision service, our philosophy of supervision, how to negotiate the supervision contract, and information on saying goodbye. It also gives information on how to provide feedback or to raise issues if there is a concern that we are unable to resolve for you.

Supervision

Paul provides supervision online for those who work in a myriad of roles, from working in the helping professions to management of complex organisations. Supervision provides you with a culture of support and audit and acts as a quality assurance mechanism. Although the prime focus is on your professional practice, Paul aims to develop a partnership of collaborative learning and reflection on practice for both parties.

About Paul

For many years Paul has been a Family and Relationship Counsellor and Clinical Supervisor with Anglicare SQ in Brisbane Australia. In past years he has been a Director of Catholic Education in Brisbane, and a High School Principal and system administrator in four states and territories of Australia.

Contracting our Individual Supervision Partnership

At our first session we will begin to formalise the way we want to work together, eventually moving to a formal contract that will outline the general content, timing and frequency of sessions.

To help with this, the table below may be beneficial in supporting this conversation. I invite you to bring your reflections to our first session.

The areas I'm good at / confident in	The areas in which I want to improve	The support /feedback that might help me

Some other questions to consider as we build our supervision partnership (Paul will discuss some of these at the first session, others you can bring up yourself and others can be left in the background):

- When will we meet, how frequently and for how long?
- How will we set the agenda? What will we talk about in sessions? How can we best use our time?

- What will we do if one of us needs to cancel/postpone?
- How would you like this supervision experience to be similar or different to previous ones?
- What could help make this supervision experience a unique and creative partnership?
- What does each of us want to grow or develop through this supervision relationship?
- What are our goals and how can we make sure we stay on track with these?
- How can we ensure supervision is a safe place to discuss anything and everything?
- What preparation does each of us need to do before sessions?
- How private and confidential is what we discuss in sessions? What are the limits to this?
- How will we manage differences or disagreements?
- How will we know when our supervision is going well?
- How and when will we review how things are going?
- How long do we plan for our supervision relationship to last?
- How will learning styles and preferences shape our conversations?
- How will we give each other feedback?
- What records will we keep and how and when will they be recorded?
- Will we have any contact between sessions?

When it is time to say goodbye

Our supervision contract will have an end date for review and re-negotiation of goals. You are free to stop accessing supervision at anytime. If you decide to end our contract, it would be good for us both to have a conversation to ensure that the supervision has met your needs and to ensure that you have what you need going forward in your practice. You can always re-engage by making a booking via the website.

Feedback

Paul will seek verbal feedback at the conclusion of each session and will provide an optional feedback form that can be emailed after the session. To leave a compliment or a complaint please contact us via one of the following methods:

- Phone 0408740749
- Email paul@lifecchange.net.au
- Post Lifecchange Therapies, PO Box 1126, Oxley 4075.