

Alison Hood

Trauma-informed Relational / Clinical Supervisor, Therapist, Coach, Academic Educator

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Open group supervision: Guidelines for our community of practice

Overall aims: to optimise our vitality, health and wellbeing; and sustain a high quality, ethical and safe service for the benefit of ourselves, our clients and our communities.

Group culture:

- As relational practitioners, we will respect & nurture ourselves, each other & our group, maintaining an ethical, professional stance at all times (e.g. practicing self- and collective--care; using a quiet, well-lit, private space suitable for videoconferencing; being present for the entire duration to sustain the group holding space; maintaining visual & auditory connections using camera & microphone).
- We will practice self/other compassion; offer constructive feedback and perspectives; and share our own responses and countertransference while refraining from advising, criticising, judging or 'rescuing'.
- We will uphold the key principles of trauma informed practice, including cultural responsiveness, safety, trustworthiness, collaboration, empowerment & choice.
- We will uphold & demonstrate the Rogerian (Person Centred Therapy) attributes of unconditional positive regard, congruence & empathy.

Key activities: reflect in depth on issues affecting trauma informed practice; further personal and professional growth and development; and sustain intentional self-care practices to mitigate the risks of vicarious trauma and burnout.

Confidentiality: contents of group sessions will not be discussed with, or reported to, third parties unless expressly agreed by all members of the group in discussion with the group supervisor. Confidentiality may be breached only if unsafe, unethical or illegal practice(s) are identified or disclosed.

Liability: group members will maintain relevant professional liability insurance and professional accreditation / registration. Group members are not covered by the group supervisor's professional liability insurance. Group members are not employed or contracted by the group supervisor. The group supervisor is not responsible for group member acts or omissions.

Notification of risk: group members will assess, manage and report risk in accordance with their employing organisations' policies & procedures and/or their own private practice protocols. Group members are not required to notify the group supervisor of identified risks or the outcomes of risk reporting. To uphold effective, ethical and compassionate therapeutic practice, group members are encouraged to attend regular individual supervision appointments with a trauma informed supervisor, in addition to our group sessions.

Logistics: sessions are provided by videoconferencing (Zoom) with all participants using cameras and microphones to enable a constructive reflective group process.

Accreditation forms: Accreditation forms are signed annually on request: please keep track of your attendance and complete the form in full before emailing me for signature and date (*Alison Hood, PACFA Clinical Supervisor Reg. 22304*).

Fee: I am committed to providing affordable group supervision in alignment with PACFA's scheme. The discounted fee is payable online at the time of booking.

Attendance & cancellations: please do not book a session unless you are committed to attending as refunds are not available for affordable supervision group sessions. Please let me know as early as possible if you cannot attend a session and your booking may be rescheduled for the next available group session. Cancellations within 48 hours cannot be rescheduled unless there is someone else available to take your place at the last minute.

Individual supervision: individual appointments are bookable online at your convenience. Please refer to the Individual Supervision Agreement.

I look forward to collaborating with you!

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