

Alison Hood

Trauma-informed Clinical Supervisor, Counsellor,
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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.

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 self-caring therapeutic practice, group members are encouraged to attend regular individual supervision appointments with a trauma informed supervisor, in addition to our group sessions.

Group culture:

- We will respect & nurture ourselves, each other & our group, maintaining an ethical, professional stance at all times (e.g. actively practicing self-care; using a quiet, well-lit, private space suitable for videoconferencing; participating for the entire duration of the group; maintaining visual & auditory connections using camera & microphone).
- We will practice self/other compassion; offer constructive feedback; & refrain from criticising, judging or rescuing.
- We will uphold the key principles of trauma informed practice, particularly safety, trustworthiness, collaboration, empowerment & choice.
- We will uphold & demonstrate the Rogerian attributes of unconditional positive regard, congruence & empathy.

Logistics: sessions are provided by videoconferencing (Zoom) with all participants using cameras and microphones to enable a constructive reflective group process. Accreditation forms are signed annually on request: please keep track of your attendance. (*Alison Hood, PACFA Clinical Supervisor Reg. 22304.*)

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

Attendance & cancellations: please let me know as early as possible if you cannot attend a booked session and I will move your booking to the next available session. Cancellations within 24 hours cannot be changed. No refunds are provided for pre-booked affordable supervision group sessions.

Individual supervision: individual trauma informed supervision appointments may be booked online: please request the discounted self-funded fee as relevant.

I look forward to collaborating with you

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