

**Alison Hood**

**Trauma-informed Supervisor, Counsellor**

- Psychotherapy & Counselling Federation of Australia (PACFA)  
Reg. Clinical Supervisor (22304)
- Australian Counselling Association (ACA) Supervisor Level 4, COS81839
- Australasian Association of Supervision (AAOS) Reg. 0803211
- IAAN Certified Neuropsychotherapy Practitioner

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## Group supervision guidelines

**Please read these Guidelines in tandem with the separate Supervision Services Agreement.**

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

- **Key activities:** reflect on issues affecting trauma informed and culturally responsive practice; explore areas of growth and development; and mitigate the risks of vicarious trauma and burnout.
- **Group culture:**
  - We will respect & nurture ourselves, each other and our community of practice, 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 refrain from criticising, judging or rescuing.
  - We will uphold the key principles of trauma informed practice, including cultural responsiveness, safety, trustworthiness, collaboration, empowerment and choice.
  - We will embody and body forth the Rogerian (Person Centred Therapy) attributes of unconditional positive regard, congruence and empathy.
- **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:
  - ⇒ **PACFA Clinical Supervisor Reg. 22304**
  - ⇒ **ACA College of Supervisors Level 4 81839**

- **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 by the supervisor only if unsafe, unethical or illegal practice(s) are identified or disclosed.
- **Liability:** group members will maintain relevant professional liability insurance and professional accreditation (PACFA, ACA). Group members are not covered by the supervisor's professional liability insurance. Group members are not employed or contracted by the supervisor. The 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 private practice protocols. Group members are not required to notify the supervisor of identified risks or the outcomes of risk reporting. To uphold effective, ethical and self-caring therapeutic practice, early career group members are encouraged to attend regular individual supervision appointments with a trauma informed and culturally responsive supervisor in addition to group sessions.
- **Logistics:** sessions are provided by videoconferencing (Zoom) with all participants using cameras and microphones to enable a constructive and connective reflective group process.
- **Fee:** I am committed to supporting PACFA's affordable group supervision scheme. The fee is payable online at the time of booking.
- **Attendance & cancellations:** no refunds are provided for pre-booked affordable supervision group sessions. Please let me know at least three working days in advance (Monday-Friday) if you cannot attend a session and if possible your booking will be rescheduled for the next available session. Sessions cannot be rescheduled unless a practitioner is available to take your place.
- **Individual supervision:** individual appointments are bookable online at your convenience. Please refer to the Individual Supervision Agreement.

*I look forward to collaborating with you!*

➤ **Last updated 1 September 2025**