

Clinical Supervision Contract

Please ensure that you have read this contract of Clinical Supervision before your session. It will be assumed that you have read, understood and if needed, contacted the facilitator with any questions or ground rule amendments that you may have. By joining a Clinical Supervision session you agree to abide by the ground rules. Thank you.

Purpose of Clinical Supervision

- To feel better and more positive after the session;
- To facilitate the growth and development of the participant/s to become a more effective practitioner, acknowledging the importance of outcomes and 'moving on';
- To discuss work related topics as well as personal issues that may impact on work, as appropriate;
- To achieve a balance between support, personal and professional development and safe practice, standards and quality care;
- To create an atmosphere and environment where discussion can be open and honest and where the participant can bring 'whatever they are carrying';
- To have the opportunity to give and receive clear and constructive peer to peer feedback, but not to be critical, acknowledging the good, the positive and any successes, as well as the improvement points;
- To regularly discuss & monitor stress levels.

Length and frequency of session

Usually 1-hour, but session length should be agreed upon between the facilitator and participant/s before the session begins.

Confidentiality

The topics discussed during the session will be confidential. The facilitator and the participant/s will not divulge any aspects of the session in any other arena, with the exception of safeguarding as per the ground rules.

Record keeping

Appropriate records will be taken, anonymised and kept confidential.

Ground Rules

- **Confidentiality / safety:** Participants will agree to not discuss any details of a Clinical Supervision session. The only exceptions to this are:
 - Safeguarding; if an issue arises where an individual is identified as being at risk of harm, then the facilitator will work with the participant/s to take appropriate action in line with SWASFT's [Safeguarding policy](#).
 - If the group wish to take something outside of the session, such as a recommendation to improve practice, then full consent of all participants must be obtained and documented by the facilitator.
- **Time keeping:** Sessions will be SMART (Specific, Measurable, Achievable, relevant and time-based). The typical session length will be 1-hour. However, this can be decided upon a priority basis by the facilitator or agreed upon at session commencement between facilitator and the participant/s depending upon circumstances. All participants are expected to arrive punctually and cannot join the session once it has started.
- All participants will agree to **respect** the opinion of others and give space for others to have their say without interruption.
- **Time Out:** Sessions should not be interrupted by persons outside of the group after sessions have commenced, as this interrupts the flow of discussion. However, participants are free to leave the session at any time if a 'time out' is required. They are free to return to the session anytime during the allotted session time.
- The session will always start with a '**check-in**' – How are you feeling?
- The **discussion topics** for Clinical Supervision sessions will be;
 - decided upon by the facilitator prior to the session or;
 - prepared by the participant/s before the session and agreed upon at session commencement or;
 - in the case of group Clinical Supervision, participants bring a topic 'to the table' and the group vote for which topic will be discussed.
- The participant/s and facilitators will be committed to attending Clinical Supervision sessions
- Clinical Supervision sessions always close with an open and honest review, where the facilitator and participants include what worked well and what needs improvement.