Common Challenges

Summary Sheet

Is this group "too nice"?

Is this group a place where you can make suggestions or bring a different point of view? Does the person want that ? Learning happens when you're outside your comfort zone. A person should feel supported but also stretched by their group supervision.

Questions to ask yourself:

- Is there another perspective I could offer on this topic/case?
- How do I imagine the person could use this input?
- Is now a good time to offer this?
- Can I offer this as a genuine question, rather than as a statement?

Parallel Process

When "the supervisory interaction replays, or is parallel with, the counselling interaction"

– Marie B. Sumerel

Recognise the Signs of Possible Parallel Process:

- Strong feelings like frustration and anxiety
- Feeling "stuck" or reluctant to take the action that would be most logical
- Conflict or "cut-off" within the group during case discussions

Not Learning Anymore

Is this group improving your practice, or do you feel you have plateaued in your learning. Do people look to you as "the expert" in the group or are you still being challenged?

Questions to ask yourself:

- How can I take responsibility for my own learning?
- How can I articulate what I'm working on to my group and invite input?
- How can I consciously move myself out of the "expert" role? (eg: talk about my mistakes)