



First steps in Clinical Supervision: a guide for healthcare professionals

Paul Cassedy

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"... packed with practical ideas and activities to try out in the supervision situation and underpinned by relevant theory."

--John Driscoll, Freelance CPD Consultant & Development Coach

First Steps in Clinical Supervision is designed as a toolkit for anyone starting out as a clinical supervisor. The book focuses on developing core skills of supervision, as well as your ability to reflect and improve on those skills.

Addressing all aspects of supervision, the book gives you practical frameworks needed to start, maintain and evaluate clinical supervision--from how to start a supervision contract to how to run a session. The book offers:

- Clear information and guidance on what the supervisor needs to know as they prepare to take on the role of clinical supervisor
- Practical examples and demonstration of key clinical supervision skills
- Simple explanations of the key frameworks and models for clinical supervision
- Reflective questions and activities you can use in supervision sessions
- An example of a method of evaluation when reviewing supervision
- Ways of keeping healthy as a supervisor and staying within the spirit of supervision

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