

Supervision Conference UK. Bristol 15th October 2016

'All inclusive:Developing dialogue in a diverse world'

Annie's reflections on the Masterclass offered by Geraldine Holton based on the Nursing Midwifery Council Code of Conduct for the purpose of revalidation as participatory CPD.

Dr Geraldine Holton is an experienced supervisor and trainer, having developed and directed the first Masters programme in supervision in Ireland. Geraldine's research and training, her leadership in the development of the Supervisors Association of Ireland and her work in building bridges across professional organisations, has made her an established leading light internationally in the emerging profession of supervision and a pioneer in what she has called "cross-professional supervision

For many years, supervision has been firmly established in its "denominational silos" where counselling supervision is provided for counsellors, social work supervision for social workers, as each profession sets up and organises how supervision is applied to its membership. This masterclass focused on ways to intentionally cross those boundaries and to see supervision as a profession in its own right, where supervisors and supervisees are able to work cross professionally.

Blending theory with practice, this masterclass invited us to explore the future direction of supervision with a particular focus on:

- How to create the ideal conditions for fostering transformative learning by embracing diversity.
- Developing the capacity to 'differ and connect' in creative dialogue
- Noticing and questioning assumptions, absolute attitudes and certainty

What I learned

We can build bridges across professions if we reside in the domain of reflection.

Every contact matters.

Language creates frames of reference, we can chose to be a 'citizen of the world' rather than be in individual silos.

Longing for certainty can deplete what limited resources I have. There is also a cost to being reflective.

There is creativity in safeness. Stay calm, value experience and the whole person, dialogue, shared ownership, offer sufficient time, inquire, and be open to unknowing.

How I can improve my practice as a result

Explore how to ensure uncertainty is safe uncertainty, develop self compassion as well as that in others. Self doubt and self compassion = safe uncertainty.

Be mindful so as to return the mind and body to a sense of safeness

How this is relevant to the NMC code.

Practise effectively.

6. Practise in line with the best available evidence

9. Share skills, knowledge and experience for the benefit of people recovering and for colleagues.

Promote professionalism and trust.

22.3. Keep my knowledge and skills up to date.

25.2 Sustain myself and others through self compassion. Build resilience though reflection in dialogue, a conversation in a relationship, for wellbeing professionally and personally.