

The processes of supervision

Reflective Supervision offers a place where a person can reflect on the work of ministry, accompanied by a trained supervisor. There is a process to follow for each session that will help it run smoothly and attend to need. The various elements can be best summed up in this diagram and is further described on pages 68 and 69:

Hosting and containing (Being alert to the relational dimensions of the supervision; being alert to one's own ability to be present; being alert to the hosting and containing that God is doing)	Tracking and monitoring (Being alert to what the context, the supervisee and the focus of the session require; making interventions to facilitate the best use of the time; keeping an overview of the usefulness of the supervision relationship; taking notes)	Before the session	Hosting and containing (Getting room and self ready) Tracking and monitoring (Reading notes; thinking about shape of the session; identifying any deadlines, eg reports to be written)
		First 5-10 minutes	Hosting and containing (Welcome; check-in; prayer)
		Next 5-10 minutes	Focusing and eliciting (Identifying the focus for the session)
		Bulk of the session	Exploring and imagining (Tell me; show me; using words, images, stories, communication by impact; objects; body work to shed light on the work) Bridging and enacting (Identifying possible ways forward)
		Last 5-10 minutes	Reviewing and closing (Summarising of key 'take home' points) (Checking arrangements for next session and any other administration)
		After the session	Tracking and monitoring (Making notes; identifying any issues that might need addressing or taking to own supervision)