

Practitioner Group Supervision

Frequently Asked Questions

What is Practitioner Group Supervision?

Practitioner Group Supervision is facilitated group supervision sessions that bring together professionals from different services and sectors to reflect on their work, strengthen wellbeing, and explore trauma-sensitive approaches. Each group is guided by an experienced supervisor and provides a safe, structured space to learn, share, and grow.

Who can attend the group supervision sessions?

The groups are open to anyone working in trauma-exposed or caring professions, including:

- New graduates
- Managers and team leaders
- Social workers and caseworkers
- Clinicians and therapeutic practitioners

Each group is role-specific to ensure relevance, safety, and shared understanding.

What happens in a Supervision Group?

Sessions include:

- Guided reflective practice
- Discussion of real-world scenarios (without identifying details)
- Wellbeing and regulation strategies
- Trauma-attuned approaches to common challenges
- Peer learning and shared insights

Participants are invited to reflect, connect, and explore new ways of working sustainably.

How big are the groups?

Groups are intentionally small to allow for safety, depth, and connection. The groups include **6 participants**.

How often do the sessions run?

The groups run **monthly over a contracted six-month period** providing regular support and reflective space without overwhelming practitioners' workloads.

Do I need to attend every session?

Consistency helps build trust and cohesion, so participants are encouraged to attend each session. However, we understand the realities of frontline and leadership work and can accommodate occasional absences but communication with our supervision team is vital to work out how to best support you.

Is this the same as therapy or counselling?

No. Supervision focuses on reflection, professional development, and strategies for wellbeing and safe, trauma-sensitive work. They are **not** a therapeutic or clinical treatment service.

What is the difference between individual and group supervision?

- **Individual supervision** offers one-to-one tailored support.
- **Group Supervision** provide peer learning, shared experiences, and the richness of multiple perspectives.

Both can complement one another.

How is the supervision provided trauma-attuned?

All sessions are facilitated by supervisors trained in trauma-attuned frameworks. This means they prioritise:

- Psychological safety and boundaries
- Slow, steady pacing
- Regulation strategies
- Curiosity instead of judgement
- Strengths-based and collaborative reflection

The format is designed to be grounding, respectful, and supportive.

Can people from the same organisation join the same group?

You can, however many people prefer to join a circle with practitioners from other services to allow for greater openness, diversity of perspectives, and reduced role-related barriers.

How do I register?

Registration can be completed through the links on the supervision and practice page. Simply select the group that aligns with your role or career stage. [Supervision and Practice](#)

Will I receive a certificate or CPD points?

Yes. Participants receive a certificate of attendance, and many professional bodies recognise supervision hours as CPD.

What if I'm not sure which group is right for me?

We're happy to help. Contact us and we can guide you toward the supervision circle that best fits your role, experience, and professional goals.

