

#SUPERVISION: HOW TO GET WHAT YOU NEED?

- ELS VAN OOIJEN



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Learning Together Online

Resource Guide

About Els van Ooijen

Els van Ooijen has a doctorate in psychotherapy by professional studies from Middlesex University, is Visiting Lecturer to the Postgraduate Diploma/MA in Consultative Supervision at the University of South Wales, and has a private psychotherapy and supervision practice in Bristol, U.K.

Els is co-author of [Integrative Counselling & Psychotherapy: A Relational Approach](#) (2012, Sage Publications) and author of [Clinical Supervision Made Easy: A Creative and Relational Approach for the Helping Professions](#) (2013, PCCS Books).



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Event Details

I see supervision as essentially relational and collaborative. It is therefore important to get to know each other, and share your views of what supervision is and what it is for.

Do your views match?

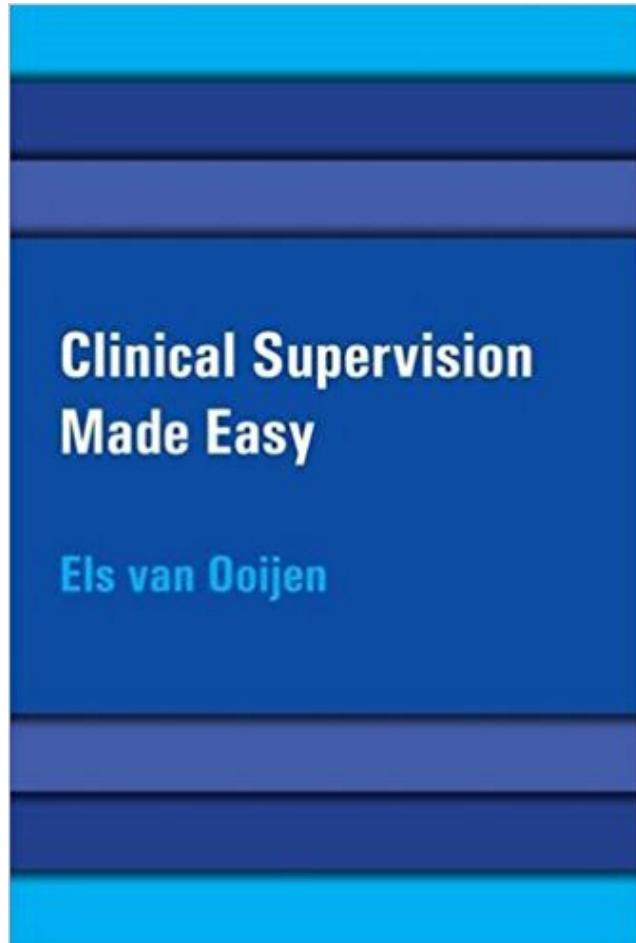
Does your supervisor's style suit you?

How do you prepare for a supervision session?

Do you know what you want to gain from a session?



Reading



Clinical Supervision Made Easy is a practical book for supervisors and supervisees that offers the 3Step Method as a guide to effective supervision. This method is not linked to any particular theoretical orientation or philosophy, so it can be applied in any helping context irrespective of the profession of the worker. The three steps are: 1. What does the supervisee need from this session? 2. How can this be brought about? 3. What has been learnt and what needs to happen next?

The book is written in a relational, experience-near and conversational style with many helpful examples, suggestions and techniques, based on the author's considerable experience of giving, receiving and teaching supervision. This second edition has been extensively revised and updated, and includes a new chapter on how to use creativity in supervision.

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