



Whole Supervision

a space for professionals to reflect on their practice

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I **love supervising!** I work **interprofessionally**, which means a supervisor working with a supervisee from a different profession. I became interested in this mode after working in a multidisciplinary team for many years.

Interprofessional supervision benefits the participants by:

- Creating the chance to be aware of what makes our professions different and challenge the accepted norms of our practice - I will inquire about your practice, your Code of Ethics. This, as well as obtaining further skills and knowledge from other disciplines, results in **improving practice**.
- Providing time and space to **reflect on practice**, to understand previous experiences and consider how these impact on approaching work.
- Highlighting the commonalities in each profession and we **learn** from each other – I'm not the expert!
- Supporting you in your work environment, to work with fellow staff members, managers, your pupils and other colleagues outside of the office in a safe manner, is not reliant on being in the same profession as the supervisee.

The bottom line is, the effectiveness of our supervision is our **relationship**; connection, honesty, respect, and this is unrelated to our professions.

I approach my supervision from a **reflective** practice standpoint. This offers a space for people to review their practice and grow their skills in accordance with their own goals. I am keen to discuss with you, your self-care, work life balance, safe practice and safe boundaries in the workplace.



My **motivation** to be a supervisor comes from the benefits I personally have experienced from being supervised. I know how it has supported me to be a better practitioner and team member over the last twenty years. This has resulted in better outcomes for all I connect with in my employment space.

I am **passionate** about encouraging others to consider their practice, be it, good or challenging. I provide this reflection process in a safe, objective and supportive environment. I work to support individuals, or a group, to grow in their practice through reflection.

Who am I?

As a full professional member of ANZASW and a Registered Social Worker with SWRB, I am bound by the professional code of ethics and conduct of both organisations. I am **experienced** in working in a variety of fields of practice:

- In schools as a Social Worker in School
- in statutory care, involving court work
- in health, within a hospital setting and a supporting community organisation

I have

- **experience** as a manager. A co-founder of a youth trust, and a board chair
- worked in many **team** settings, social work, Allied Health, and multidisciplinary teams
- been a **sole** worker, knowing the challenges of isolation and startup work

P.T.O.

My areas of experience:

- Social Worker in Schools
- working with families,
- dementia,
- group work,
- facilitation of professional meetings
- training,
- not-for-profit sector,
- health,
- child protection,
- sexual abuse,
- supervision of students

I have a Postgraduate Certificate in Professional Supervision (level 8). Previously, I have completed two supervision courses run by Nelson Marlborough District Health Board in 2014 and 2016. I have a Graduate Diploma in Social Work from Canterbury University (Level 7).

I have over five years' experience of providing professional supervision with a variety of disciplines: social workers, physiotherapists, counsellors.

Practical details

- I will meet with you initially at no charge to see if we are a 'good fit'
- I will meet with you for one hour unless we decide otherwise
- Together we will make a contract in our first paid session. This will include our responsibilities as supervisor and supervisee, record keeping, frequency, complaints, confidentiality, method of payment, review, ending our relationship.
- I am happy to meet at supervisee's workplace and also supervise online locally, hopefully easing time pressure for supervisees.

Cancellation policy: Things happen from time to time, if you can please let me know as soon as possible that you need to cancel, that would be great. We can organise another appointment then. However, if it is less than 24 hours' notice, then the cancellation may result in the loss of the session.

"Supervision is a process of professional learning and development that enables individuals to reflect on and develop their knowledge, skills, and competence, through agreed and regular support with another professional." www.hcpc-uk.org

I live in Nelson but happily work online.

I am:

- an attentive, warm listener
- logical
- honest
- respectful
- a person who values humour

I enjoy:

- a coffee with friends
- belonging to a book group
- dabbling in oil painting
- walking

My partner and I have two adult children, who we wish lived in Nelson, but it does mean we know Christchurch and Dunedin quite well! However, we share our home with one dachshund and a long-suffering cat.

