

METHOD OPTIONS FOR GROUP SUPERVISION : WHICH APPROACH SUITS YOUR “CASE” ?

1. **"Affirmations and Alternatives"** : this option invites your peers to provide balanced feedback. Once you have outlined your “case”, each of your peers is asked to provide some positive feedback i.e. an “affirmation” of what you did well and some developmental feedback i.e. “alternatives” of what else you could have done. It can be helpful to acknowledge each persons input with a “thankyou” and when everyone has provided their feedback, to comment upon what insights you will take away.

2. **"Line of Enquiry"** : this can be useful when you can't quite make sense of what happened in a session. Once you have outlined your “case”, each of your peers will ask a question based on their reactions to your case. When you have heard from them all you can choose which question(s) you would like to explore. This then emerges into a “tag” mentoring session as each peer is encouraged to pursue this question further with you. Before closing it is helpful for you to consider what drew you to this particular question.

3 **"Good News"** : this method can be helpful when you definitely feel things went well and you would like to “savour” the experience. It can also be useful when your confidence is low and you would like to get some positive feedback on your work. Once you have outlined your “case”, you will be invited to consider what you think caused the event to be a good one. Peers are then invited to re-affirm the good news. They might comment on how you present when things have gone well, they might comment on your account of what went well and endorse your approach, they might offer their own hypothesis of why it went well, knowing what they know about you. Before closing the supervisor will ask what the impact has been on you “in the moment”.

4. **"Keeping it real"** : this approach can be useful when you are “stuck” or when you notice you “habitually” use a particular approach. After explaining your situation to your peers, the group is invited to share their real experience of dealing with this type of situation, warts and all ... what worked? what didn't ? what did it feel like?, what were their reflections?. You are not expected to respond to the groups input until the end, when the supervisor will enquire what the impact has been on you “in the moment”.

5. **"Focus on feelings"** : this can be a good method to use when the prevailing organisation culture has a preference for logic as it helps people tune into the more emotional components. Whilst presenting your “case”, peers are encouraged to listen to their whole self. The peers are encouraged to focus on how they experience your story telling (not the content of the case) – ie. what do they notice somatically, rather than intellectually. You are not expected to respond to the groups input until the end when the supervisor will enquire what the impact has been on you “in the moment”.