

Brief Overview

Supervisors Educational Support Groups

(Facilitator: David Conrad, LCSW)

Introduction: Supervisors can often feel very alone in their work sandwiched between the needs and desires of their workers and administrators. The purpose of these time-limited groups is to provide supervisors with a safe place to process both the challenges and successes in their work. Another goal of the group is to strengthen and solidify supervisor relationships with each other. The first half of each session will be an “open” discussion. During this time supervisors will be encouraged and expected to talk about what is going well and what they are finding stressful in their work. The second-half will be a structured discussion, using materials developed by the facilitator, which focus on what supervisors can do to better manage the stresses and trauma of the work both for themselves and for their staff. The facilitator will encourage participating supervisors to use the written material and exercises he shares with them with their staff.

Purpose of the Groups: The primary purpose of the groups is to provide a forum where attendees feel:

- Comfortable and relaxed
- Supported, validated and accepted
- Listened too and heard
- Unified with other group members

An additional goal of the group is to develop new strategies, through discussion and shared ideas, about how to protect yourself, and your staff, from the stress and trauma of the work. And finally, my hope is that participation in these groups will not only strengthen your relationships with each other and facilitate a stronger working relationship but will also make it easier to reach out to each other when you need assistance and support.

Group Format and Schedule

The group will meet once a month for six months. Each session will last 90 minutes. The group will be limited 8 supervisors. Should group members desire to continue meeting after the first six months,that issue will be explored with the facilitator

Facilitator’s expectations of participants

Participation in the groups is completely voluntary. However, if you decide to attend, it is expected that you will attend all of the first six sessions to insure group continuity.

Examples of Topics covered in group sessions

Resiliency --- Empathy --- Second-guessing --- Teamwork --- Grief and Loss