

Are you Getting the Supervision you Need?

Do you feel out of your depth when working with complex clients, especially those with co-existing issues of mental health and substance use? Are you looking for new knowledge, skills and confidence when working with complex clients?

Or are you struggling with your own self-care, feeling like work has become repetitive or that you've lost your passion? Are you looking for new skills to use with clients and yourself to help with stress and anxiety?

Announcing two exciting new clinical supervision programmes to support your work with clients – programmes you can tailor to your specific needs!

Good supervision is crucial to support practitioners develop and maintain skills, but many find it hard to get the supervision that meets their needs. These programmes are designed to allow clinicians to pick and choose what best suits them. The supervision sessions can be held individually or in small groups, face to face (if on the Sunshine Coast of Queensland), or via Skype.

Each session includes:

- Presentation of your own cases with feedback provided
- Discussion about advanced techniques that will support implementation of new strategies immediately
- A safe, reflective space to allow you to apply new learning to your practices.

Opening Up to Working with Substance Users

Many practitioners find working with substance using clients challenging and a large number decide to avoid this work altogether. The problem is, substance use is widespread and not addressing these issues with your clients won't be in their best interest.

This clinical supervision programme is made up of a number of modules. Participants can pick and choose what suits them best or combine these with modules from the Self-Care programme. Modules include:

- Understanding your clients' readiness to reduce or stop using drugs and what you can do to help them along
- Utilising the newest version of motivational interviewing with your clients
- Using Acceptance and Commitment Therapy (ACT) with your clients
- Incorporating mindfulness techniques
- Developing the art of relapse prevention
- Learning techniques to support your work with family members of substance users
- Exploring how to improve your relationship with unmotivated or coerced clients

Self-Care for Clinical, Health & Community Workers

We've all heard that when flying in a plane, if the cabin loses pressure, it is important to put our own oxygen mask on before helping anyone else. However, research clearly shows that most health professionals don't practise sufficient self-care and put themselves last on their own priority list. Unfortunately, burnout rates are high and many practitioners develop compassion fatigue and vicarious traumatisation. To have long-term careers in this industry we need to make self-care a priority.

This clinical supervision programme is made up of a number of modules. Participants can pick and choose what suits them best or combine these with modules from the *Opening Up to Working with Substance Users* programme. All strategies taught can be utilised by participants for their own self-care as well as with clients. Modules include:

- Understanding what types of clients press your buttons, why and what you can do about this
- Learning about the role of stress and anxiety in your personal and professional life
- How to deal with challenging co-workers
- Exploring the concepts of burnout, compassion fatigue and vicarious trauma and how they might be affecting you and others you know
- Reflecting on how full your frustration tank is and what you can do to reduce your stress
- Learning how to use Acceptance and Commitment Therapy (ACT) as a self-care tool
- Realising your own therapeutic blind-spots and what you can do about them.

Facilitator

Jenny Melrose is a psychologist with 20 years experience working with a wide variety of people. Through her business, JEMECO Psychology, she has provided clinical supervision to individuals and groups from a cross section of services including government, non-government and private practice health, welfare and clinical workers.

Jenny is a dynamic and passionate supervisor. She supports her supervisees by allowing them to debrief, providing education on interventions when needed and brainstorming difficulties with clients and within workplaces. Jenny has a strong focus on self-care and on the importance of both professional and personal development.

For More Information

For more information please contact Jenny Melrose at info@jemeco.com.au or on 0408 419 742. Feel free to check out Jenny's website at www.jemeco.com.au