



Restorative Clinical Supervision FAQs

What is Restorative Clinical Supervision?

Restorative Clinical Supervision (RCS) contains elements of psychological support including listening, supporting and challenging to improve our capacity to cope, especially in managing difficult and stressful situations. It can provide time to reflect on physical, emotional mental health. The meeting will provide a safe & confidential space to explore the impact of work pressures and give an opportunity to discuss, challenges faced, new ways of working & time out to reflect on work/life balance. RCS will form part of the Trusts clinical supervision model.

The session will be facilitated by a trained supervisor who will be able to talk through any clinical issues you have, this is a reflective session.

Are any notes taken at the session?

No formal notes will be taken but themes and trends captured.

We would like to capture some anonymous feedback during the session which will be the below 3 questions:

1. What 2 things can improve for you in EEAST?
2. What are you most proud of this month?
3. What has been challenging saying yes to?

These will be collated on an MS teams form with no identifiable details captured.

Is the content of the session confidential?

Confidentiality statement will be discussed at the beginning of the session.

This session will remain confidential unless a disclosure of harm/risk to individual or patient, contravention of the Law, professional code or policy is disclosed.

You will be offered signposting information at the end of the session to help further support you.

Is it a counselling session?

No, it is not counselling. It is very much supervision. However, within the supervision session you may recognise therapeutic skills and effective interpersonal skills when conversing. This meeting is not an appraisal, counselling or incident review. It is an opportunity to hold reflective discussions. It is to support you to develop personally and professionally.

How long do the supervision sessions last and where do they take place?

They can take place whilst on shift on an Ambulance or within your workplace e.g. AOC. Sessions can be booked via Anna Price Anna.Price@eastamb.nhs.uk. There are a number of trained supervisors that can offer supervision.

You will receive confirmation of the session for portfolio building.