

Professional Support and Advocacy: Too many of us in the healing profession find ourselves alone and without a sense of community or help in traversing the territory of working intimately with others. A kind and continuous connection to an experienced helper provides a structure and context to explore our struggles, have our strengths and talents reflected back to us, and to move through places of confusion as we break through to new levels of insight and professionalism.

The deep work of supervision develops the heart in a mindful and compassionate way and offers us an education from the inside out. An organic process, it encourages us to work from our centers and develop a unique synthesis of our work. Since we are coming from our personal depths, we meet our clients and the outside world, its requirements and challenges, in a more integrated, skillful, and effective manner.

-----

Supervision is relatively new to massage, bodywork, and healing, but has been used successfully for years in counseling, psychotherapy, and other mental health disciplines as well as many other professions engaged in working intimately with people. Supervision involves having the practitioner meet regularly with another professional, usually more senior, but normally with training in the skills of supervision, to discuss casework and other professional issues in a structured way. The main focus is placed on healing the relationship between the practitioner and their clients so that the most profound healing can take place uninhibited by our habitual life responses. Another way to describe supervision is known as clinical or counseling supervision or consultation. The purpose is to assist the practitioner in learning from his or her experience and progress in expertise, as well as to ensure good service to the client or patient. Supervision establishes a continuous thread of support and advocacy from supervisor to supervisee to client.