

Clinical Supervision

Healthcare strongly attracts people who want to make a lasting difference to others' quality of life.

Clinical supervision creates a space for you to talk with someone who has the skills and values to support your personal and professional growth as you help others. The supervisor will listen to your queries and concerns and ask questions, or perhaps suggest resources, to help you to gain new perspectives.

The right supervisor will be able to competently engage with the various linked dimensions raised by practise, from ethical issues to personal triggers. They will draw on a wide range of relevant materials and help you keep abreast of developments in the field. In this way, clinical supervision fosters improved client welfare, critical thinking and strategic action, organisational accountability and career satisfaction.

What I Can Offer as a Supervisor

Well Now turns some taken-for-granted ideas on their head to build a practise that is trauma-informed, compassion-centred and justice-enhancing. I have sought to build a coherent, practical approach by going deep, finding the buried roots of food and body distress.

I have interrogated health justice, weight stigma, weight-neutral practise, evidence-based practise, mindful and intuitive eating, stages of change, gut-brain axis, learning cycles, resilience, self-care, ethical autonomy, FODMAPS - and more – and drawn on personal and professional experiences with eating distress, gut disorders and mental health problems.

In the process I have learnt how to help practitioners identify hidden assumptions that lead to stuckness, confusion or contradiction in their work. And I have lots of experience supporting nutrition and counselling professionals gain confidence in helping people explore their food and body stories to transform trauma.