



Diocese of Edinburgh

# Pastoral Supervision

**What? Who? How?**

Information for all interested people

# Pastoral Supervision

*Reflecting on the past, in the present, in order to improve the future turns history into learning. As such, supervision becomes a regular place of continuing professional development where what is already known can meet with what needs to be known'.*

Paterson & Rose 2014



## What is Pastoral Supervision?

The process of supervision aims to enable reflection on work and the relationships involved in it, and how the person seeking supervision is feeling and thinking about these. The supervisor is not scrutinising the person for failings but helping him/her to take an overview, to grow and develop, and to respond well to the people with whom he/she is engaged.

## Who is it for?

Supervision may be helpful to anyone who leads a team, or who spends time listening to others, or who has a significant element of pastoral work, and who is aware that their work (which may be paid or voluntary) both impacts and is impacted by their own emotional and spiritual life. It provides a safe, confidential, intentional space where the supervisor seeks to give time, attention

and support to the person who comes for supervision. The transformational learning which can take place through supervision offers an opportunity for practitioners to give the best of themselves to those with whom they work, in whatever context.

People engaged in 'helping professions' such as counsellors, youth, social and healthcare workers, spiritual directors, priests/ministers may seek supervision to enable them to cope better with the demands on their time and energy, to become aware of hidden dynamics in work relationships, to develop new skills and to help them discern how best to use their gifts.

Supervision can be for individuals, or received jointly in teams or other groups; within the work organisation or as an external arrangement.

## How does it differ?

While issues of a personal nature may arise, supervision is neither therapy nor spiritual direction. As far as personal issues impact on a person's work, these would come within the scope of a supervisory session, remembering that the primary focus of supervision is the good of those served through helping roles.

Pastoral supervision has a particular emphasis on the vision and values which underlie a person's chosen work; the factors arising which sit well with this and those which 'rub' and which, at various times, need further reflection to enable professional and vocational development.

## How do I find out more?

If you would like to explore the possibility of supervision, or reflective practice, for any paid or voluntary role please contact one of the people listed to the right. They will be able to discuss options and make an appropriate referral. Supervisors usually charge £25-45 per hour and will often offer a few sessions before a review.

*Supervision is an invitation to 'live your soul' and reconnect with the 'passion [that] arises when the essence of one's life has been touched and one starts dealing with the world from that place. Encke: 2008, p23*

## Initial Contacts

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## Useful Websites

[www.edinburgh.anglican.org](http://www.edinburgh.anglican.org)

[www.epiphanygroup.org.uk](http://www.epiphanygroup.org.uk)

[www.ipsrp.org.uk](http://www.ipsrp.org.uk)

[www.pastoralsupervision.org.uk](http://www.pastoralsupervision.org.uk)

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