

Table 4 Individual Clinical Supervision

Benefits of Individual CS	Challenges of Individual CS
<ul style="list-style-type: none"> • Full attention on the skill development, strengths, challenges and professional enhancement of the individual supervisee • Plenty of opportunities for developing the working alliance as well as teaching, mentoring, sharing of wisdom with supervisee • More time and potentially safer environment in which to explore supervisee's interpersonal dynamics with clients and the impact of the work upon him or her (e.g., counter-transference issues, secondary trauma, compassion fatigue, burnout) • Very appropriate to particular theoretical orientations, such as psychodynamic and object-relations models, which emphasise transference/counter-transference issues and containment, as provided within the safe haven of the supervisor-supervisee relationship • Supervisee can organise the time and has the opportunity to review more of his or her work with the supervisor • Less exposure to peers and competition, which may have a negative effect on a supervisee • Higher level of clinical accountability 	<ul style="list-style-type: none"> • Potential for supervisee to feel intimidated by the supervisor, with no one else present to observe, or break up the intensity of the one-to-one focus • Potential for supervisee to feel exposed, especially if the supervisor is also the line manager • More of an opportunity and perhaps tendency to focus on the personal experience of the supervisee within the context of the work, which may be uncomfortable, or feel intrusive for some supervisees (also, boundaries can become blurred in negotiating appropriate levels of personal exploration) • Limited possibilities for some types of teaching that require a group (e.g., role plays of families) • Costly and time consuming • No input from others outside the dyad • No opportunity for supervisee to compare self with others, or gain support from peers

References for this section: The Bouverie Centre (Moloney, Vivekananda & Weir, 2007).