

Supervision Tips

Supervision following MB training

- It is important to participate in some type of group or individual supervision when implementing the MB Course with your first few clients, or with your first group cohorts.
- Supervision should be provided by someone who has been MB-trained, who has delivered the intervention at least once, or who has participated in supervision with MB consultants

Issues to address in supervision

- Discuss the session content delivery to ensure that the key points are being clearly presented and understood
- Address the process of delivering MB sessions—for example, timing of MB session during your visit and adaptations to fit client needs

Supporting MB Implementation

- Provide validation – by listening, providing an accurate reflection of what staff shared, and understanding their perspectives
- Provide feedback - build on staff successes, encourage staff to support one another and share tips
- Provide guidance and plan for subsequent sessions – problem-solve for any anticipated challenges, and highlight strengths to build on

Supporting Staff

- Encourage and support staff self-care, by allowing time for staff to unburden difficult content shared by clients
- Identify appropriate additional supports and mental health referrals for clients in the community
- Review protocols for assisting clients in distress
- Recognize ways for providers to utilize some of the MB skills in their own self-care