Module 4: Creating a Trauma-Informed Library for Supervisors and Administrative Staff

Lesson 12: Trauma-Informed Supervision

Effective Supervision

Communication
Regular meetings
Flexible timing, location
Acknowledge, mitigate power imbalance
Regular check-ins
Boundaries
Recognition of the good & bad

How to support staff experiencing or processing trauma

Do not require debriefing

Make yourself available

Be proactive

Resources & Additional Learning

TRAUMA-INFORMED SUPERVISION: BUILDING STRONG RELATIONSHIPS AND ORGANIZATIONS

https://www.relias.com/blog/trauma-informed-supervision

PROQOL MEASURE

https://proqol.org/proqol-measure