

LIMITS TO CONFIDENTIALITY

ASeTTs provides professional support in a confidential setting. We will not disclose the material discussed in sessions with any other party except when there is a potential risk to the worker, a client, or another person or organization. If this situation arises, the ASeTTs Clinical Services Manager will be alerted to the potential risk and will take appropriate action.

ASeTTs has a secure database within which attendance at professional support appointments will be recorded. This database will provide a basis for invoicing organizations for the support provided to their workers.

EXCLUSIONS

- ASeTTs will not provide clinical supervision to meet registration requirements for psychologists and social workers.
- ASeTTs will not provide reports of professional support sessions.
- ASeTTs will not provide any information for the purposes of worker performance management.
- ASeTTs will not undertake evaluations of worker skills.

HOW TO OBTAIN PROFESSIONAL SUPPORT FROM ASeTTs

Enquiries can be directed by email to the Clinical Supervisor, supervision@asetts.org.au or by calling ASeTTs on 9227 2700

PROFESSIONAL SUPPORT OVERVIEW

	Clinical Supervision (Individual or Group) (Regular sessions for a contracted period)	Sessional Debriefing (As- needs basis)
Client work		
Client cases	☑	☑
Worker's interventions	☑	☑
Worker/client relationship	☑	☑
Ethical practice	☑	☑
Professional development needs	☑	☑
Self-care		
Impact of the work on the worker	☑	☑
Impact of organizational issues on the worker	☑	☑
Impact of personal issues on worker capacity	☑	☑
Self-care monitoring & practices	☑	☑



EXTERNAL PROFESSIONAL SUPPORT



PROFESSIONAL SUPPORT AT ASeTTS

WHY OBTAIN PROFESSIONAL SUPPORT?

It is well recognised that people working in the 'helping' sector can benefit from support which focuses on their professional activities, development needs, and self-care.

If you:

- Work with clients who have experienced trauma and/or torture
- Are working in a continually changing political/organizational climate
- Have clients with a complexity of mental health and/or settlement problems
- Are working in a 'sea' of hopelessness, grief and loss

Then you may be impacted by your work through transference and counter transference responses and vicarious traumatization. You may also need additional support to prevent, or manage, symptoms of professional burnout.

For your own wellbeing, your effectiveness as a worker, and ultimately for the wellbeing of your clients, it can therefore be essential to access professional support which meets your specific needs.

WHAT SUPPORT CAN ASeTTS OFFER?

Clinical Supervision: A formal arrangement providing short or longer-term support for an **individual** worker, or **group** of workers. This

support will involve a series of sessions, for an agreed period, that focus on reflection and learning around client cases, ethical issues, professional development and self-care.

Sessional Debriefing: An arrangement where a worker/s can book sessions on an 'as-needs' basis for debriefing, reflection, and learning around client cases, ethical issues, professional development and self-care. This can include critical incident debriefing.

WHAT ARE THE BENEFITS OF PROFESSIONAL SUPPORT FOR WORKERS?

- An opportunity to discuss and reflect on your work with an independent, appropriately qualified and experienced professional, in a confidential setting
- An opportunity to address your self-care, including the emotional and psychological impacts of your role (note: personal work with a qualified therapist may be recommended to address significant personal issues).

WHAT ARE THE BENEFITS OF PROFESSIONAL SUPPORT FOR ORGANIZATIONS?

- Staff with enhanced self-care, resilience, and coping skills.
- Staff with enhanced knowledge of working with complex mental health issues, trauma and grief and loss.
- Potential for increased staff retention rates.

WHY ASeTTS?

Our professional support team have:

- Tertiary qualifications and professional affiliations in the areas of psychology/ counselling/social work and training, and experience in providing professional supervision and debriefing.
- Training in recognising, and managing, the impacts on workers that can occur when interacting with traumatised clients.
- Extensive, direct experience with clients who have experienced torture and trauma.
- Specialised experience in working with clients who have Refugee or Asylum Seeker backgrounds.

FEES

Clinical Supervision: \$150/hr (individual), \$350/hr (group session)

Sessional Debriefing: \$160/hr (individual)

Individual sessions: 1 hour. **Group:** 1.5 hours

Prices include GST.

Professional support sessions are offered at ASeTTS at locations across the metropolitan area between 9am and 5pm Monday to Friday. On-site support can be provided by negotiation for groups and some individuals. Skype and phone sessions can also be provided by negotiation.