**Eating Disorders Professional Peer Supervision**

*Why get involved?*

Working with clients with eating disorders is complex, and requires clinicians to comprehensively engage with clients, families and other professionals involved in their care, an manage crisis situations and dynamics can be demanding for all involved. Significant knowledge and skills beyond individual professional training are necessary, which are enhanced by experience and reflection on professional practice. Studies have also shown that health care professionals may experience significant feelings of anger, helplessness, anxiety, over-involvement and stress, potentially leading to physical and emotional exhaustion, and burnout. These responses can be collectively classified as countertransference, which is inevitable and needs to be reflected on and managed. Generally, it is recommended that health professionals undertake clinical supervision as part of their work. Peer supervision can act as a useful tool to facilitate learning from each other across disciplines, and be a platform to discuss common themes such as countertransference issues, and consider professional and personal boundaries within one’s work. A solid understanding of different roles and treatment methods also ensures professionals can be on the same page in supporting people towards recovery. These factors all contribute to professional peer group supervision forums being an ideal mechanism to support professionals to deliver the best possible care whilst developing their professional knowledge, skills and support networks.

Groups will be facilitated by mental health and allied health staff of the Eating Disorders Program, CAHS, CAMHS, who have professional experience with eating disorders in diverse settings.

Professionals working in both child/adolescent and youth/adult settings, across private practices and public services are welcome. Participation is free. The group will be a safe and confidential space to discuss cases, gain experience, develop new skills and build relationships.

Meetings are held in the centrally located Perth Children’s Hospital on level 2 in Clinic K.

Videoconferencing is available for clinicians in rural/remote and areas outside of Perth metro. Please give at least a week notice if you wish to attend via VC.

The majority of people experiencing eating disorders obtain treatment and support within community settings. The EDP team are committed to supporting health professionals in Western Australia to provide the best possible care to individuals with an eating disorder and their families.

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| **Request for Secondary Case Consultation (Peer Supervision)**  Complete and email to [Ulrike.osullivan@health.wa.gov.au](mailto:Ulrike.osullivan@health.wa.gov.au) | |
| **1. Your details:**  **Name:**      **Address:**       **Postcode:**       **Phone number:**  **Email:**       **Service Name:**  **Profession/Discipline:**  Doctor (see below)  Psychologist  Occupational Therapist  Social Worker  Paediatrics  Nurse  Family Therapist  Consumer / Carer Advocate  Psychiatry  Dietitian  Other (please specify)  General Practice | |
| 1. **Please select the session/s that you would like to attend:**   Monday 3rd February 2020, 4.30-6pm  Thursday 5th March 2020, 8-9.30am  Monday 6th April 2020, 4.30-6pm  Thursday 7th May 2020, 8-9.30am  Monday 8th June 2020, 4.30-6pm  Thursday 2nd July 2020, 8-9.30am  Monday 3rd August 2020, 4.30-6pm  Thursday 3rd September 2020, 8-9.30am  Monday 5th October 2020, 4.30-6pm  Thursday 5th November 2020, 8-9.30am  Monday 7th December 2020, 4.30-6pm | **I will be attending:**  In person  Videoconferencing |
| By completing this form, you will be registered to attend our peer supervision group.  You will receive a reminder email by Monday prior to the session to confirm. | |
| **2. Scope of service**    The purpose of the peer supervision service is to provide an avenue to discuss approaches to working with clients with eating disorders within a multidisciplinary peer group setting.  During the supervision session, Eating Disorder Program staff and other participants may make suggestions based on the clinical scenario that is provided by you. Whilst every effort is made to facilitate the provision of accurate information and advice, responsibility for the ongoing clinical care of clients will remain with you at all times.  The supervision session may involve the discussion of sensitive and private material. Consider whether sharing is appropriate in this forum. Information about clients provided during the supervision session should be provided in de-identified and generalised form. Any information discussed by a participant must be kept confidential by all other participants.  Please note that peer supervision is not a substitute for individual supervision. | |