

Alex Craig

Professional Clinical Supervisor/ Mental Health Professional

Professional Clinical Supervision Service



Boab Professional Clinical Supervision

Boab is now able to provide Professional Clinical Supervision to staff at other organisations across the Kimberley. This is a service which provides a space for reflection and learning. Effective supervision is both supportive and challenging. All counsellors and clinicians involved in the area of “helping people”, regardless of experience, require supervision. It promotes the further development of skills, contextual understanding, personal health and professional growth. It is within this context that employees develop a sense of their professional identity and examine their own beliefs and attitudes regarding the people they are providing assistance to and to their interactions with them.

Being aware of our own values, beliefs, attitudes and biases prevents us from inadvertently projecting these beliefs negatively onto the people we are working with. This is important in ensuring professional support is nonjudgmental and consistent with our clients’ values. It further allows us to have a deeper understanding of our internal responses to people and situations.

This process is ongoing throughout our professional careers. It enables us to gain an objective insight into our own performance and skills. It also provides the opportunity to develop and work towards individual and career goals. This promotes our sense of satisfaction within the workplace and with our service delivery and reduces the risk of the negative effects of workplace stress.

The Supervision Process

Supervision can be flexible towards the needs of the supervisee with regards to frequency, location and content. Sessions last for one hour and can be delivered to individuals or to groups.

Confidentiality is an indispensable requirement of supervision as all issues are sensitive in nature. This confidentiality assists to reduce shame and stigmatisation within the process. Exceptions to this occur only where there is an individual/s at risk of harm or a court has ordered disclosures.

Accessing the Supervision Service

If you are interested in professional/clinical supervision please call Andy Williams MHT Manager or Alex Craig MH Professional, on 08 91927888 for an informal discussion. Individual sessions are \$175 per hour. Group sessions by negotiation.

My Professional History

I have worked within the public mental health sector, across a variety of areas and countries and with individuals and groups spanning the lifespan. Employment has been in community, in-patient and rehabilitation settings from dense metropolitan areas, such as London, to remote Aboriginal Communities in the Pilbara. Supervision of clinical and non-clinical staff working in mental health; alcohol and other drug services; counselling and other support services, has been integrated into these roles. I have been employed as an Occupational Therapist/ Mental Health Professional within these roles, but incorporate much of the learning from my Masters in Mental Health, with a major in Psychotherapy, into my interventions and supervision approach.

My Occupational Therapy background infers interventions to be focussed around functional developments, with a holistic approach to people returning or maintaining adequate and satisfying participation in their life/ employment roles. The Psychotherapy background informs the underlying psychological theories and models of therapies. Service provision is flexible towards the needs of the supervisees. It can involve talking therapies (eg Cognitive Behavioural Therapy/ Psychodynamic Therapies), routine development, supported skill development such as stress management and communication. Interventions also include psychoeducation and support to participate in self-help strategies.

Boab Health Services Pty Ltd

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