

AN EXPLORATION INTO THE
FACTORS HINDERING
COUNSELLORS FROM REGULARLY
ATTENDING COUNSELLING
SUPPORT SUPERVISION
A case study

Lilian Wanjira Kamau
Counsellor/Trainer
MA. Counselling Studies,
BA (NRB)

INTRODUCTION

Supervision is a formal and mutually agreed arrangement for counsellors to discuss their work regularly with someone who is normally an experienced and competent counsellor and familiar with the process of counselling supervision. The task is to work together to ensure and develop the efficacy of the supervisee's counselling practice (BAC, 1996).

Introduction Cont.

The need for counsellors to attend supervision sessions is crucial due to the complexity of the cases that they handle for example stress related, adolescence issues, drug and substance abuse, HIV/AIDS, marriage and domestic violence, rape and defilement cases to mention to mention but only a few.

Introduction Cont.

However, counselling support supervision is still in its infancy for most parts of the world. It is more developed in Europe and United States. Whereas for the rest of the world, counselling support supervision is still emerging

Introduction Cont.

The existing literature lacks adequate information explaining the factors that hinder practising counsellors from seeking support supervision regularly.

OBJECTIVES OF THE STUDY

- To identify factors that hinder counsellors from attending counsellor support supervision regularly
- To identify steps that could be taken to enable counsellors to regularly attend counsellor support supervision.
- To find out if counsellors are aware that supervision is an ethical requirement to practising counsellors.

RESULTS AND FINDINGS

Attendance

- *“I attend when i find time”*
- *“I attend when it is possible”*
- *“I attend when i feel it is necessary”*

Results and Findings Cont.

Challenges

- “I feel limited with time; I attend to other things”
- “Lack of time “
- “We are supposed to pay”

IMPORTANCE OF SUPPORT SUPERVISION

“It is important to go for supervision as it supports the counsellor”

“I actually do attend supervision when I feel am overwhelmed by experiences with clients”

“It is because of my clients, that I feel I need to go for supervision”

CONCLUSION

- Majority of the counsellors felt that support supervision is important for it enables the counsellor work professionally since supervision includes support by way of education, information providing, and it is a way of consulting on the counselling process, on the way a counsellor worked with their client.

Conclusion Cont.

- At times counsellors do not give supervision priority over their other responsibilities.
- Some employers do not recognise the importance of counsellor support supervision as such they do not give their counsellors time off to attend supervision .

Conclusions Cont.

- Counsellors felt that supervision is expensive and hence due to financial constraint they do not attend.
- Counsellors though willing to attend support supervision are not in a position to access the services because of the distance from their work places

Conclusions Cont.

- Findings confirms that counsellor supervision has three main tasks, education dimension where the counsellor is given the opportunity to receive regular feedback. Supportive dimension the counsellor is able to share dilemmas, and management dimension it ensure quality of work.

RECOMMENDATION

- There is urgent need to sensitize employers on the importance of supervision to enable counsellors working in such organisations attend supervision to enable counsellors provide quality work to their clients and hence work professionally

Recommendations Cont.

- There is need to educate practising counsellors on the importance of support supervision as some counsellors do not feel supervision should be given priority over their other responsibilities
- All organizations should be encouraged to ensure that all counsellors attend support supervision regularly.

Recommendations Cont.

- All practising counsellors should be made aware through workshops that support supervision is an ethical requirement.
- Supervision should be made widely available to ensure accessibility to all practising counsellors irrespective of their working environment, particularly those working outside Nairobi.

THANK YOU