

# Super Support

In this feature we continue to get to know some of our fabulous Supervisors. All quotes printed with kind permission. Details of all our AfSFH Supervisors can be found in the Supervisor Directory at [www.afsfh.com](http://www.afsfh.com).

## Super supporter: Trevor Eddolls, AfSFH Supervisor

### Q. What do you feel are the greatest benefits of attending Supervision?

I think that one of the most important benefits of Supervision is to normalize whatever it is that's worrying the therapist/supervisee. Too often, therapists are working on their own, on a metaphorical island, separated from other therapists – certainly well away from other Solution Focused therapists. And this can make it hard to share any concerns they may have. There's no-one to say to them the usual things like, 'that often happens,' or 'that's happened to me twice, so far,' or even 'have you tried ...?' So, for that lone therapist, whatever it is that's concerning them can grow and grow until it becomes a keep-you-awake-at-night issue. Regular conversations with a Supervisor can put those concerns in context and, as I said, normalize them. Many Solution Focused Hypnotherapists have faced that problem themselves. It's not the end of the world – and that applies to most things they will come across.

Supervision really gives a therapist the opportunity to talk about what they have been doing with a client. It can reassure them that they have been doing the right things – the way they were trained to do them. It can also remind them of techniques that they may have forgotten from their training. After all, there is a lot of information in the CPHH training course. It's hard to remember it all!

As well as reassurance and reminders, Supervision can be a place where new ideas can be kicked around. Maybe a therapist has had a phone call from someone with a specific diagnosis – should they be working with them, and what might be the best techniques to use? And therapists may have been on training courses – CBT, NLP, Positive Psychology – and they have come away with some ideas that they would like to try with clients. It's an opportunity to talk round those ideas with someone who has more experience and see what they have to say. It's also an opportunity to discuss new facts that the therapist or Supervisor may have read in a book or online, and see whether this new learning can be used to update their practice.

As well as talking about clients and techniques that could be used with clients, it's also a great opportunity to talk about marketing techniques. Drawing more attention to your business might include finding groups to give talks to and soft advertising to them. Or discussing what it's best to have on the first page

of your website, and how many other pages you should have. Or considering social media in general and how to get the best return for your time. Then there's the issue of adverts on Google.

And, of course, the therapist can talk about their plans for their business. Should they be on Zoom? Is working from home the best way forward? Does working from more than one practice in different towns boost your customer base? And, of course, 'should I give up my other job?' Your business development, your personal development, and your clients are the core of what's usefully discussed in a Supervision session.

I still wonder whether Supervision is the right name for it because it sounds like you're not quite fully trained enough to work on your own without someone looking over your shoulder from time to time, to ensure that you're doing it properly. Nothing could be further from the way that Supervision sessions work.

### Q. What do you enjoy most in your role as a Supervisor?

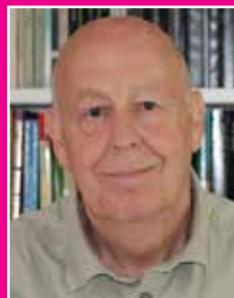
I've always enjoyed meeting people and getting to know them, so, I'm always happy when a message comes from a new therapist looking for a Supervisor. Sometimes, people don't really have any issues in a Supervision session and it's good to see them confidently dealing with their clients. Other times, it's good to help a supervisee think their way through an issue, and for them to come up with a solution to the problem that they have brought. I sometimes float ideas and suggest new areas they might think about, but Supervision works best for everyone if careful questioning leads the therapist to come up with their own ideas that they are keen to take forward in their practice. The Supervisor doesn't know everything! So, those moments when a therapist recognizes the best way forward for them are very enjoyable.

### Here's what some supervisees have to say:

*'I love one-to-one Supervision with Trevor. He has so much knowledge and experience. I blend various other disciplines with SFH, particularly NLP, as Trevor does. Trevor has great clarity about how to maintain the principles of Solution Focused Hypnotherapy while introducing other supporting practices, and how to communicate and differentiate practices to clients without losing SFH's unique impact. Trevor has been able to advise me on complex ethical concerns and helped me ensure my practice is effective and safe. Trevor is both challenging and reassuring, making me think and reflect, while getting concerns and worries in perspective.'*

Jane Pendry

*'I would definitely recommend Trevor to anyone looking for Supervision support.'*



### About the writer:

Trevor Eddolls is the Head of IT & Social Media for the AfSFH and is a regular contributor to the Journal. He runs his hypnotherapy practice in Chippenham and offers Supervision via Zoom, phone, email and one-to-one.