



# Mindfulness & Supervision

Laurie Dahley, PhD, MSW/LISW

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“I didn’t belong to  
myself”

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UKRAINIAN REFUGEE

A person is sitting on a large rock in the foreground, looking out over the ocean. The sky is filled with soft, colorful clouds in shades of blue, orange, and pink, suggesting a sunset or sunrise. The water is calm, and several other large rocks are visible in the distance. The overall mood is peaceful and contemplative.

**Purposefully paying attention to the moment with an attitude of openness, nonjudgment and acceptance**

# **Internal & External Tracking**

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# Activities Promote

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The embracing of feelings of discomfort and view it as a place where change begins

Gain insights to our prejudice, bias, values, judgment

Acknowledging different ways of knowing – room to explore, discover and nurture

Increase capacity for attention – reading endurance

Values listening and awareness

Engages the sense – increases observation skills



# Benefits

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- Clear Awareness of thoughts and emotions
- Ability to relate in new ways to pain and difficulties
- Ability to experience and transform/defuse emotional distress
- Space where creative solutions can arise
- Development of positive self-image
- Ability to respond to stress more effectively
- Ability to make choices with clarity and awareness



# Link to Supervision

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Hard without experience and practice

Can it be taught

Warmth and unconditional positive regard and acceptance are difficult to teach as a skill but discovered through mindfulness

Develop a self-awareness and reflective process – drives reflective supervision



# **Which links to positive outcomes**

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# Client-Specific Questions to Promote Reflection

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What were you feeling during that interview?

Do you feel you are handling this case differently from others?

What prevents you from.....

Why do you think you reacted in that way?

What lead you to believe or decide to intervene in the way you did?



# Questions that Promote Reflective Supervision

What motivates you?

From what sources do you draw strength in order to cope?

Where do you find peace?

Who truly understands your position/situation?

When you are in pain, how do you find comfort?

For what are you deeply grateful?

What is your clearest sense of the meaning of your life at this time?

To what or whom are you most devoted?