



**case supervision for  
practising mediators**



# professional development for qualified mediators

One of the reasons that people become attracted to the field of mediation is that there is always something more to learn. Following an initial qualification in the subject, there are numerous routes that your professional development could take: from becoming particularly skilled at working in a specific setting, to working with people who are presented with particular sorts of issues, or becoming an expert in a particular style of mediation. We have assembled a number of opportunities to support you beyond your initial training as you develop your professional skills and knowledge further.

Once you have started to complete cases, an important aspect of working safely and professionally is to be engaged in Case Supervision: giving you opportunities to reflect on your work, to gain personal and professional support, and to identify ongoing training & development needs.

# Case Supervision for Practising Mediators

Working safely and effectively as a mediator

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## Outline

Once you start to work as a mediator, away from the confines of the training room and often working on your own, it is not uncommon to feel under-prepared for some of the things that can come up, and that your disputing parties can throw at you (we hope not literally!). It is from this point forwards that you may feel the need for professional backup: essential support that will allow you to learn from aspects of your practice, as well as to offload and to debrief your mediation cases.

Professional Case Supervision meets this need. It is a structured means of gaining consultative support, allowing you to develop your skills beyond what you learned in your training, and helping to ensure that you are mediating effectively, professionally and safely.

## Content

UK Mediation offers Case Supervision with experienced mediators who are trained in supervision skills. We use a well-established model of supervision, which is similar to that used in the supervision of practitioners in branches of the helping professions.

Mediators, whether newly trained or more experienced, can attend either individually or in groups, and might book a regular session with one of our supervisors lasting anything from a couple of hours to a whole day.

### A typical supervision session or day might include:

- Individual presentation of cases
- Group discussion on points arising from the cases presented
- Highlighting of learning points from the presented case work
- Ethical and professional considerations arising: working safely and within the law
- Identifying ongoing training needs amongst the supervisees
- Input on specialist topics from the supervisor

## Who is Case Supervision for?

If you regularly conduct mediation cases, particularly those involving intense interpersonal disputes, you are quite likely to encounter situations that you feel unprepared for. Mediation work can be emotionally draining, can challenge your understanding of the mediator role and can identify gaps in your knowledge. Case Supervision is strongly recommended if you want to continually develop your mediation skills, learn more about the subject and get help to ensure that your work is safe, ethical and professional.

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## Delivery

For organisations, especially those operating in-house mediation services, the usual arrangement is for a qualified supervisor to come to you and to run a quarterly supervision group at your premises. In-house supervision groups are typically run for 6-16 supervisees, and can last a day or half a day each time. Mediators who work alone, including freelance mediators, are welcome to attend individually for supervision at our headquarters in Belper, Derbyshire. Practitioners may also get together to attend in a group of anything from 2-8 people.

### Facts & figures

- **Available as:** Individual or group supervision
- **Group numbers:** 2-8 in Belper, 6-16 for in-house mediation services
- **Duration:** 1½-2 hours for an individual. ½-1 day for groups
- **CPD:** Meets the supervision requirement for entry onto the UKRM

## What next?

- Many of the organisations who have trained with UK Mediation take up the option of a quarterly supervision group, held at their own premises. Please call us to discuss whether this arrangement would be beneficial to your own group
- If you have trained with another organisation, you are welcome to enrol for our supervision groups provided that you have been trained to an accredited standard
- If you are an individual seeking Case Supervision, we would be glad to talk through the options with you. Please call us for an initial talk with one of our supervisors

**“The most intense conflicts, if overcome, leave behind a sense of security and calm that is not easily disturbed.”**

Carl Jung

*“This has massively helped my confidence and identified my areas for development.”*

**AJ, Housing Officer**



# contacting us

Firstly we would like to thank you for taking an interest in our course, and hope that it answered all of your burning questions! If you would like to get in touch please use one of the following ways:

**Website:** [www.ukmediation.net](http://www.ukmediation.net)

If you require further information concerning course dates, finding a mediator, or if you want to find out more about mediation in general, please visit our website.

**Booking by phone:** [01773 822222](tel:01773822222)

For those of you that would rather book over the phone, we have incorporated this facility, which makes payment fast and simple. This also allows you to talk to a trainer or adviser before you make the decision to book. Call 01773 822222 to book a course or speak to one of our sales advisors.

**Booking online:** [bookings@ukmediation.net](mailto:bookings@ukmediation.net)

We can e-mail you a booking form, which can be emailed back to us. We will then deal with it within 24 hours, to ensure that your place is confirmed.

**Booking by post:** [8 Green Lane, Belper, Derbyshire, DE56 1BY](mailto:8GreenLane@ukmediation.net)

Alternatively you can complete a booking form and post it back to us. The booking forms can be downloaded online or we can send you one with our information pack on request.

We also accept payment via all major credit and debit cards, to make the transaction smooth for you.

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