
Supervision Menu

Usually, but not exclusively for those in leadership, safeguarding or specialist roles

Supervision Sessions

Supervision (offered online only)
Supervision record provided by psychologist

Fee: £150 per hour (individual)
£250 per hour (group 2-5)
£350 per hour (group 6-10)

Supervision

... is transformational. It usually involves ...

Giving you a **strictly confidential space** to talk about anything professional and/or personal

This enables you to reflect, recover, manage your response to stressors and/or
enhance your self-awareness, resilience and/or your professional knowledge/skills

This **brings about positive change** in yourself which you and others will notice

Exploration of your thoughts and/or feelings takes place with an experienced psychologist.

Ways forward are identified

Informal enquiries with Dr Helen Mason Caswell welcome:

Email: helen@childpsy.co.uk Talk/Text: 0208 819 2523 or 07972 141 669

For ChildPsy⁷ please go to www.childpsy.co.uk

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