



## Film no 6: James and Jessica – “I’m quite stressed because I don’t what to do”

In this film Jessica is a relatively inexperienced social worker who is anxious about working with someone who is hoarding. She asks her supervisor James for advice and information about what to do.



### Questions for reflection:

1. What feedback would you give to James? What are his strengths as a supervisor, and what could he do differently?
2. How can supervisors’ share knowledge appropriately? How important do you think it is for the supervisor to be an expert?
3. What approaches might work well to support Jessica to feel more confident in working with hoarding in general and/or John in particular?
4. How might James use the situational leadership model in this relationship?
5. Think about what tools you could use in supervision to support Jessica’s practice, her anxiety and her resilience
6. How can supervisors ensure the right balance of support, direction and space for reflection?



### Some useful resources:

TTSDP Tool 6: Ethics and values discussion

TTSDP Tool 8: Reflective Cycle

TTSDP Tool 12: Wonnacott’s Discrepancy Matrix

TTSDP Tool 28: Coaching

TTSDP Tool 31: Reflective supervision audit tool

TTSDP Tool 41: Supportive / Directive