Supervision in teams – a way to cope with emotionally difficult experiences

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Introduction

1. Experiences from being a hospital chaplain
2. The care of severely ill patients
3. Positive and negative impact from psychosocial work
4. Supervision in teams – definition and method
5. What to achieve?
6. Nurturing spirituality in healthcare chaplaincy
Experiences from being a hospital chaplain

Photo Magnus Aronsson/IKON
The care of severely ill patients

- The professional nurse
- The neutralized self
- The good nurse
- The reciprocity oriented nurse

from Schuster, Marja. Profession och Existens 2006
• Professional and neutralized hospital chaplain
• Good hospital chaplain
• Reciprocity oriented hospital chaplain
Positive impact from psychosocial work

• Knowledge
• Hope and strength
• Nuenced picture of our life
• Social capacity
• Meaningful duties
• Peaceful mind
• Healing

from Bang, Susanne. Rørt, rammet og rystet
Negative impact from psychosocial work

• Burned out
• Secondary trauma
  – Changed way of looking at the world
  – The self
  – Spirituality
  – Guilt of survival
  – Anxiety
  – Intimacy, concentration problem

from Bang, Susanne. Rørt, rammet og rystet, 2003
Aspects of vulnerability

- How frequent and how many patients you meet
- Age and experience
- Competence
- Social network
- Personality
- If you are in an acute situation in private life
- If you are close to burn out
Definition of supervision in teams

Supervision in teams is to reflect together, in a creative and holding environment, on different aspects of difficult situations at work.
Method – Reflecting team
What to achieve?

• Challenge your thinking
• Widen your knowledge
• Sort out your emotions
• Create a distance
• You feel less lonely
• Reducing stress

from Cajvert, Lilja. Handledning – behandlarens kreativa rum 2013
Nurturing spirituality in healthcare chaplaincy
Litterature

• Cajvert, Lilja. Handledning – behandlarens kreativa rum. 2013
• Schuster, Marja. Profession och Existens. 2006
• Bang, Susanne. Rørt, rammet og rystet. 2003
• Holmberg, Ulla. Handledning i praktiken. 2010