**Supervision: Signpost Key Resources**

**for Adult Social Care**

[**Online learning package: Reflective Supervision**](https://www.researchinpractice.org.uk/all/content-pages/training-and-development-programmes/online-learning-packages-tailored-support/reflective-supervision/)

This [online learning package](https://www.researchinpractice.org.uk/all/content-pages/training-and-development-programmes/online-learning-packages-tailored-support/reflective-supervision/) will support you to build your skills in reflective supervision through research messages, reflections, and models.

**Film 1: What is reflective supervision?**

**Film 2: Challenges and enablers of reflective supervision**

**Film 3: Approaches and tools**

[**Tools for practice supervisors in adult social care**](https://adultsdp.researchinpractice.org.uk/)

The Supervisor Development Programmes is a national programme to support practice supervisors in developing their skills. The [website](https://adultsdp.researchinpractice.org.uk/) features open access tools and learning resources that included in the face-to-face delivery of the programme to support practice supervisors in social work, together with videos that illustrate various aspects of supervision, and reflective questions for supervisors to consider.



**Supporting virtual supervision**

A [podcast](https://www.researchinpractice.org.uk/adults/content-pages/podcasts/virtual-supervision-a-supervisors-perspective/) and accompanying [blog post](https://www.researchinpractice.org.uk/all/news-views/2020/april/supporting-remote-and-online-supervision-during-covid-19/) set out some of the challenges and opportunities in delivering virtual supervision when face-to-face isn’t possible. Hear directly from other practice supervisors about making virtual supervision work.

**Wellbeing supervision change project**

These comprehensive resources focus on the wellbeing principle – and how it can be embedded in supervision. The accompanying [Supervisors’ briefing](https://www.researchinpractice.org.uk/adults/content-pages/supervisors-briefings/) provides a short, accessible summary of the evidence about how to embed quality and effective supervision in social care organisations. The resources aim to support supervisors and supervisees in social care and integrated environments where social care staff work. You may also be interested in two other [Supervisors’ Briefings](https://www.researchinpractice.org.uk/adults/content-pages/supervisors-briefings/) designed specifically for adults’ [Leading With Compassion](https://www.researchinpractice.org.uk/adults/publications/2019/december/leading-with-compassion-supervisors-briefing-2019/) and [Supporting Good Court Craft](https://www.researchinpractice.org.uk/adults/publications/2019/april/supporting-good-court-craft-supervisors-briefing-2019/).

# Quick reads

# [Coalition calls! Developing confidence in anti-racist supervision practice;](https://www.researchinpractice.org.uk/all/news-views/2021/june/coalition-calls-developing-confidence-in-anti-racist-supervision-practice/) [Exploring supervision in the context of COVID-19](https://www.researchinpractice.org.uk/children/news-views/2020/june/exploring-supervision-in-the-context-of-covid-19/); [Sensuous supervisors: understanding ourselves and others in the context of Black Lives Matter](https://www.researchinpractice.org.uk/children/news-views/2020/july/sensuous-supervisors-understanding-ourselves-and-others-in-the-context-of-black-lives-matter/); [Supervision for social work in disasters](https://www.researchinpractice.org.uk/all/news-views/2020/may/supervision-for-social-work-in-disasters/); [Reflections from a series of empirical studies on supervision: what have we learned so far?](https://www.researchinpractice.org.uk/adults/news-views/2017/november/reflections-from-a-series-of-empirical-studies-of-supervision-what-have-we-learned-so-far/)

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| This is a selection of Research in Practice resources on this topic. You need to be logged in to a Research in Practice account to access the resources via the links in this document. [Log in here](https://www.researchinpractice.org.uk/dashboard/) if you have an account already, or [create one here](https://www.researchinpractice.org.uk/register/).If you have any questions, please email ask@researchinpractice.org.ukDon’t forget you can log what you read, watch or listen to and record reflections on your [MyCPD](https://www.researchinpractice.org.uk/dashboard/my-cpd/) log using the button on each resource page. |