



Rebecca Lister
Supervision Group: Eating Disorders Practitioners

What:

Small group supervision for eating disorders practitioners: This group is for practitioners who work directly with clients, or their carers/significant others, in the eating disorders sector. The group is open to clinicians, educators, group facilitators, peer mentors, coaches, and other professionals who work with people experiencing eating disorders.

Group supervision is an excellent opportunity for practitioners to: explore cases, debrief situations, reflect on practice and values, develop new skills and understanding, explore current trends and research, learn from other professionals and pay attention to self-care and work-life balance.

My approach to professional supervision is based in a reflective approach to practice – in being conscious of what we are doing and why and how we can learn from these reflections and incorporate them into our work and life. My role is to provide facilitation and guidance to the group but to allow the group members to determine the agenda and what is discussed.

These groups will be open groups for the first few months and then once the groups are established they will move to closed groups. If you have any questions about this do not hesitate to contact me.

Details:

- Small group - between 4-6 participants
- Monthly sessions of 90 mins each – 8 sessions in 2024
- Facilitated by [Rebecca Lister](#)
- Run online via Zoom
- \$50/person/session
- \$400 for all 8 sessions
- Early bird: \$350 for all 8 sessions if paid by April 30th.

When:

Two group times are currently proposed. Please indicate on your registration form which group you would prefer to attend.

Tuesday: 7pm – 8:30pm (AEST)

- Group commences Tuesday May 14th and will run monthly until Tuesday December 10th (second Tuesday of each month)
- 8 sessions in 2024

Thursday: 9:30am – 11am (AEST)

- Group commences Thursday May 2nd and will run monthly until Thursday December 5th (first Thursday of each month)
- 8 sessions in 2024

More Information and Registrations: [HERE](#)

About Rebecca:

I have provided both individual and group supervision for over 30 years. I have provided supervision for staff within organisations I have worked for, as a freelance/contract supervisor for organisations and for projects and social work students on placement.

I worked at Eating Disorders Victoria from 2018 – 2024 as:

- Manager of the Education Program
- Director of Education and Psychosocial programs where I oversaw the Education Program, the Peer Mentoring Program, the Severe and Enduring Eating Disorders Program, the Volunteer and Cadetship Program.
- Telehealth counsellor

I also provided guidance and expertise in the development of the Carer Coaching Program, the Telehealth Nursing Program and the Telehealth Counselling Program.

My focus in supervision is to create safe and collaborative spaces with professionals so that they can reflect, learn, challenge themselves and grow professionally.

I am skilled at providing supervision to social workers, youth and community workers, counsellors, therapists, teachers, other workers in the mental health sector and social work students.

Group Supervision:

My focus is on working with the members of the group to:

- Engage in reflective and reflexive practice
- Reflect and debrief on clinical issues and cases
- Reflect and debrief on work and work practices
- Manage work related stresses and tension and identify difficult situations
- Support group members with reflections, thoughts, questions and curiosity
- Improve skills, knowledge and practice
- Share knowledge, skills and professional development in a safe and supportive environment
- Expand professional networks and knowledge.

As a professional social worker, I am committed to providing the highest quality professional supervision services and to my ongoing professional development and I am involved in a range of activities to ensure that my practice is current and relevant to workers' needs and community issues.

I am an accredited member of the Australian Association of Social Workers, and an Accredited Social Worker Supervisor.

'I found Rebecca to be a highly informative therapist with a deep understanding of the challenges faced by individuals suffering from eating disorders, including issues such as stigma and shame. She provided me with a safe and non-judgmental environment where I could comfortably explore my thoughts and feelings. Throughout our sessions, I felt heard and supported, which was immensely helpful. It was a pleasure working with Rebecca due to her warm and empathetic nature. Thank you, Rebecca, for your guidance and support!' RK