

Supervision Services

What is Supervision?

SRAA engage with you in a professional relationship, as skilled and qualified practitioners, to support you in developing or enhancing your existing skills and knowledge, specific to suicidality. We offer clinical and non-clinical supervision services, across a range of disciplines.

We explore your supervision needs, whether as pre-defined priorities or otherwise, reflecting on your current practice, exploring ethical and professional challenges, and integrating or reformulating what you know and understand about suicide intervention approaches and systems.

We are accountable for supporting your professional development in identified domains for suicide intervention or strategic prevention and we will follow your progress over time.

All Supervisors adhere to provisions of 'protected information' and will maintain your confidentiality and privacy, though there are some exceptions to this rule. See [Psychology Board Guidelines for Supervisors](#) for exceptions.

What to expect from SRAA

Respect and trust. As an interactive process, we may consider a range of factors influencing practice, including attitudes and beliefs. This can be tough sometimes, however, we work at your pace, with your strengths to find the best way forward. With this in mind, we encourage you to challenge assumptions, with care and respect. We will earn your trust and foster your ongoing professional development.

SRAA supervision supports an achievement and goal orientation towards supervision success. While supervision may be reflective, fluid and follow the needs of the supervisee, it is useful to set goals and expectations for the session. Whether it is one session or an ongoing relationship, we work towards outcomes you have identified (or we have identified together).

Supervision is a unique relationship. This is unique due to the SRAA holding responsibility and accountability for your professional development. We work with you to informally and formally evaluate your goals, strengths and areas for development against existing practice standards and guidelines. This relationship is necessarily guided by professional and legal principles, as we support your service quality and the prevention of harm to clients. We are compassionate in understanding that working with suicide, is inherently demanding and exceptionally valuable.

SRAA are accountable to you and your clients. We take notes of key themes and action areas we recommend you to follow up. We recommend that you record your supervision sessions to ensure you are accountable to yourself for the time you are investing in your professional development.

Ethical Practice. Among many other factors, we encourage you to ensure the confidentiality of your clients when working with us and your clients may be referred to with initials or first names only to ensure this.



Supervision versus Consultation

SRAA also offer Consultation services - so what's the difference?

Consultation services are where the relationship is one of "equals" and where an opinion is sought from SRAA, that can be accepted or rejected, without consequence to the engaging party. Consultation may be sought where an area is complex, there are several alternatives or opportunities available. SRAA will support ethical and professional evaluation of the situation but do not take responsibility for the choices ultimately adopted.

The difference between supervision and consultation can at times appear to overlap, however, where SRAA assume a legal or ethical responsibility for the skills, practice or choices adopted, then it is a supervisory relationship.

Frequently Asked Questions (FAQs)

1. How do I book in a supervision session?

Email admin@suicideriskassessment.com.au or call 0406 935 225 – Monday – Friday, 9am – 5pm.

2. Are SRAA Supervisors, "Board Approved Supervisors"?

Kaine is a board approved supervisor, however, other members of the team do not provide supervision for board approved programs. Carmen, Kaine, Fleur and Terrena all provide clinical suicide specific supervision services. Dean offers peer based supervision services. Chanel offers work-specific supervision services. Please read each consultant's profile to understand who is the right fit for you.

3. Can SRAA Supervision be used for 'continuing professional development' (CPD) as per the Board and APS requirements?

Yes, as long as it is within your learning plan and documented as such.

See: <https://www.ahpra.gov.au/Registration/Registration-Standards/CPD.aspx>

4. Will SRAA maintain a record of our supervision sessions?

Yes, consistent with ethical practice standards, we will keep a record of sessions. Supervisees are expected to maintain a record of their key learning and action areas from supervision.

5. Do you provide supervision for practitioners under conditional registration or have had restrictions placed on their practice?

Yes, where SRAA have been approved by the Board or Body requesting supervision. SRAA may be required to 'sign off' on standards of competence* as defined by the conditions or restrictions. Kaine offers supervision for professional registration as a Psychologist, under AHPRA.

<https://www.psychologyboard.gov.au/Standards-and-Guidelines/Registration-Standards.aspx>.



FAQs Cont.

6. I want to have supervision with someone from another discipline, is that OK?

Absolutely. In fact, we recommend understanding the position other disciplines may adopt in order to expand your understanding of the subject matter and gain insight into new domains. However, it is expected that you adhere at all times to your own professional/discipline Code of Conduct and acknowledge that Supervisors are only able to operate within their own scope of practice. Similarly, you must at all times reflect on the role or position you are operating within, to ensure that you do not breach any workplace policy or procedure.

7. I'm worried that in talking about my client/s, I may get distressed. What will happen if I'm distressed?

For us, being distressed means that you care and that the work you do is important to you. We are very compassionate in understanding that there are many pressures impacting a worker involved in suicide prevention. If through our session it becomes evident your distress extends outside the scope of a supervisory relationship and that personal growth or therapy is indicated, we will discuss referrals for psychotherapy or treatment. This is an ethical requirement of our Supervisors to ensure supervision is focused on professional development rather than personal development.

8. What happens with SRAA records of supervision?

Documentation of supervision sessions is a critical component to meeting the standards expected for ethical and legal practice. We must maintain our records for a minimum of seven years before they are destroyed.

9. What if I don't like my Supervisor?

SRAA strongly advocate for transparency in the relationship between a Supervisor and Supervisee. Please discuss with your Supervisor if you feel your needs are not being met. If you have a concern or complaint about your supervisor, please contact Carmen or your workplace supervision coordinator to discuss the matter. You are welcome to work with different supervisors over time to experience a diverse approach or reflection of approaches to suicide prevention over time.

10. What happens if I talk about my own suicidality?

There can be a range of considerations influencing SRAAs response, including our ethical and legal obligations according to being mandatory reporters for AHPRA registered practitioners. We maintain the position that having had a history of suicidality does not reflect negatively on your capacity to practice appropriately, however, if you are currently experiencing suicidality, this will require careful consideration. Unfortunately, given the complexity of this position and political positions of AHPRA and various boards or societies, we are bound by legislation that may be out of alignment with our values. We strongly encourage you to discuss the risks and benefits of such a disclosure from a hypothetical position. Further, it may be beneficial to contact Carmen in the first instance if you have questions in this regard.



Supervisor Profiles

Carmen Betterridge, Director & Principal Psychologist

Carmen is a Registered Psychologist with almost 20 years experience in suicide risk assessment, treatment and intervention. She is also experienced in the administration of psychometric tests and suicide specific screening tools, mental health difficulties and assessment of foreseeable risk. In addition, Carmen has experience in systems based approaches to suicide prevention, including stakeholder engagement. This is an advantage to supervisees working with stakeholders that may be resistant to implementing suicide specific measures or responses. Carmen has provided supervision for mental health clinicians, peer workers and workers engaged in the Human Resources, WHS and Occupational Rehabilitation contexts.

Qualifications

- Bachelor of Science (Psychology)
- Graduate Diploma of Indigenous Health
- Masters of Suicidology
- Graduate Diploma of Applied Psychology
- Masters Forensic Mental Health

Registrations/Memberships

- AHPRA Registered Psychologist
- Comcare Accredited Psychologist
- SIRA Accredited Psychologist
- Australian New Zealand Society of Occupational Medicine (member)
- Co-chair IASP Workplace Special Interest Group
- International Association of Suicide Prevention (member)
- Australian Psychological Society (member)
- Australian Institute of Health and Safety (member)

Dr Kaine Grigg, Psychology Board Approved Supervisor

Kaine is a Clinical Psychologist with experience working across the lifespan in clinical and forensic settings with a special interest in suicide prevention. As a clinician working through roles as Youth Worker, Outreach Worker and Clinical Psychologist, he has worked with a diverse community, including residential AOD and community health services, forensic mental health hospitals, prisons, juvenile detention facilities as well as court assessment clinics.

Kaine works both as a clinician and an AHPRA approved Clinical Supervisor. Part of an innovative community mental health treatment program, Kaine currently works in Youth Hospital in the Home for 16 – 24 year old's who are mentally unwell or otherwise at risk. Kain also coordinates two mental health promotion charities: WA statewide MyLocalMind Inc. and Fremantle based subsidiary Fremantle Mind Inc.

Qualifications

- Bachelor of Social Science (Psychology) (Honours)
- Doctor of Psychology (Clinical) specialising in Forensic Psychology
- ASIST and safeTALK suicide prevention
- DCS Gatekeeper Train the Trainer
- Bachelor Applied Science (Psychology)

Registrations

- Australian Psychological Society (Fellow)
- AHPRA Clinical Psychologist
- Psychology Board of Australia Approved Supervisor

* NB: Carmen is not a board approved supervisor for registration purposes with AHPRA



Supervisor Profiles Cont.

Chanel Nesci, Workplace Relationships Supervisor

Chanel is a Registered Psychologist almost ten years of experience working in Workplace Mental Health, specialising in the implementation of suicide prevention initiatives in Australia and New Zealand. Key strengths in her supervision include building manager capability to respond to employee mental health crises and suicidality, and fostering psychologically safe work environments. Chanel can work with Leaders and mental health trained clinicians in harnessing their strengths to create a workplace culture that promotes sustained investments in activities associated with mental health and suicide prevention. She is particularly skilled in the interface between Human Resources, Fair Work Aust. provisions and the mental health needs of the workforce. Chanel is passionate about supporting students and new graduates, allied health professionals and workforces that may not have clinical training in suicide prevention to understand their ethical obligations in working with others. She enjoys the reflective and engaged learning process of supervision.

Qualifications

- Bachelor of Psychology (Honours)
- Master of Psychology (Organisational)
- Mental Health First Aid
- Certified Wellness Wise™ Practitioner

Registrations

- AHPRA Registered Psychologist

Dean Southgate, Lived Experience Consultant

Dean is a Lived Experience Consultant and AOD Worker, drawing from his lived experience of substance dependence, mental health and suicidality. Through his personal experience, expertise in alcohol and other drug rehabilitation service provision and his studies, Dean empowers others to achieve meaningful change from a professional therapeutic perspective. Dean's provision of supervision is a peer based model, whereby he is in tune with parallel processes that may impact the way in which a supervisee responds to their client, workplace or group.

Dean is not a clinical supervisor, though has lived experience and insight regarding the challenges that can emerge with the interface with clinical teams and systems. He offers a professional and collaborative approach to supervision, offering guidance and support in navigating ethical, professional and personal challenges. Dean is in tune with recovery oriented and strengths based approaches to treatment/intervention and can provide your clinicians and Leaders with insight into how the peer workforce may perceive certain strategies. This is particularly evident when lived experience consultation has not occurred. While Dean does not espouse to represent Lived Experience as a workforce, his compassionate expertise in his own recovery is invaluable for all practitioners.

Qualifications

- Certificate IV in Alcohol and Other Drugs (nearing completion).

* NB: Chanel and Dean are not a board approved supervisors for registration purposes with AHPRA



Supervisor Profiles Cont.

Fleur Taylor, Forensic Psychologist

Fleur is a Registered Psychologist with a Masters degree in Forensic Psychology, a member of the Australian Psychological Society (APS), and Associate Member of the APS College of Forensic Psychologists. Fleur has worked across community and custodial settings both in the clinical and forensic domains, with adults, adolescents and children.

Fleur offers supervision specific to a range of clinical and forensic domains, including psychological, psychometric, and risk assessments, intensive treatment planning (particularly complex mental health needs, suicidal and self-harming behaviours and offending behaviour and writing reports for Courts at all levels. She also has extensive experience in treatment of a range of psychological concerns including psychotic illness (and early psychosis), attachment disorders, anxiety and depression, substance abuse disorders, emerging personality disorders in adolescence, and trauma.

Qualifications

- Bachelor of Arts (Psychology)
- Postgraduate Diploma in Psychology
- Master of Psychology (Forensic)

Registrations

- AHPRA Registered Psychologist
- Australian Psychological Society (Member)
- Australian & New Zealand Association for the Treatment of Sexual Abuse (Member)
- Australian & New Zealand Association of Psychiatry, Psychology and the Law (Member)
- APS Groups (Family Law and Psychology, Trauma & Psychology, Psychology & Substance Use)

Terrena Betteridge, Clinical Nurse Specialist AOD

Terrena is a Clinical Nurse Specialist, with extensive and notable experience across mental health/psychiatry and drug and alcohol settings. She is experienced in delivery supervision and program coordination across disciplines and leadership roles, including medical staff, allied health and support staff, in the domains of drug and alcohol admission, assessment, treatment and management for acute and non-acute presentations. She is experienced in emergency drug and alcohol de-escalation, brief intervention and referral services within hospital/medical contexts. Terrena evidences proven psychotherapeutic skills in engaging with clients experiencing complex behaviours. Terrena's knowledge of evidence based interventions for harm minimization, recovery and suicide prevention is exceptional. Further, she has extensive experience in Motivational Interviewing, psychotherapeutic interventions and collaborative treatment approaches for people experiencing addiction. Terrena has comprehensive understanding of drug and alcohol pharmacology, neurology and multidisciplinary interventions. Finally, she has extensive knowledge of drug and alcohol withdrawal management, stimulant treatment and multidisciplinary clinical intervention supports, both currently available and emerging.

Qualifications

- Bachelor of Nursing
- Graduate Certificate Mental Health Nursing
- Graduate Diploma Alcohol and Drug Studies
- Master of Addiction Studies

Registrations

- AHPRA Registered Nurse
- Member Drug & Alcohol Nurses of Australasia

* NB: Fleur and Terrena are not a board approved supervisors for registration purposes with AHPRA





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Where are you located?

Our consultants are based in the following centres:

- Sydney, NSW
- Newcastle, NSW
- Canberra, ACT
- Adelaide, SA
- Perth, WA

We prefer to deliver supervision via Zoom Conferencing or telephone.

Anything else?

Please contact us using the contact details above, with any other questions you may have.

We are happy to help!

