## Eating Disorder Peer Workforce Guidelines Appendix E: Supervision plan template

Supervision Session Template for Eating Disorder Peer Workers

Date and Time:

Supervisor:

Peer Worker:

1. Check-In:

* Begin the session with a brief check-in to see how the peer worker is doing personally and professionally. Encourage open and honest communication.

2. Case Review:

* Discuss any specific cases or client interactions that the peer worker would like guidance or feedback on.
* Explore challenges, successes, and strategies employed during the peer worker’s interactions with individuals with eating disorders.
* Address any ethical considerations or boundary issues that may have arisen, keeping the possibility of ‘peer drift’ in mind.
* Address issues arising around scope and level of responsibility of the role.

3. Professional Development:

* Discuss any training opportunities, workshops, or resources that may be beneficial for the peer worker’s growth in the eating disorders or general mental health field. Important to consider broader mental health context due to high rate of co-existing conditions.
* Explore areas of interest or specialisation within the field and how the peer worker can pursue further learning or professional development, including webinars.
* Identify and explore peer networking opportunities/group peer supervision.
* Review upcoming local/international conferences and opportunity to access bursaries/scholarships that can be accessed.

4. Personal Development and Self-Care:

* Address the peer worker’s emotional well-being and self-care practices.
* Explore any challenges or stressors related to their work.
* Discuss strategies for maintaining a healthy work-life balance and managing the emotional impact of supporting individuals with eating disorders.

5. Support and Supervision Needs:

* Provide an opportunity for the peer worker to express any specific support or supervision needs they may have.
* Discuss any concerns or questions related to their role as a peer worker in the eating disorder field - allow space for organisation related/system specific challenges that may be arising.

6. Wrap-Up:

* Summarise the key points discussed during the session.
* Identify action steps or goals for the peer worker to work on before the next supervision session.