

# How can a supervisee help ensure good supervision?

## Some suggestions:

Bring your work and share it freely and accessibly.

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Be clear about your needs from supervision.

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Be open to feedback and notice what is useful.

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Use the supervision time to best advantage of your practice.

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Monitor your use of supervision and give feedback to your supervisor.

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Monitor the natural tendencies to justify, explain or defend.

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Discuss with your supervisor of any problematic aspects of your ways of working together.