



The Power of Supervision: Nourishing Our Practice, Together

By Hannah Curren FwSS



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There was a time I found myself sitting in my treatment room, waiting for a client who never arrived.

This person had cancer and had been coming regularly for Shiatsu sessions. Our work together had been rich—full of laughter, release, and moments of quiet depth. Shiatsu had become a refuge for them, a place of calm amidst the uncertainty of their diagnosis and treatment. They had no close family, and our sessions gave them space to be seen and heard, to relax and regroup.

We'd agreed that they might cancel last minute due to health, and I always respected that. However, this time there was no message. After 10 minutes, I sent a gentle text. After 30, it remained unread. I followed up with email, WhatsApp... nothing. Days passed. Weeks. I never heard from them again.

Questions circled: Were they OK? Had they passed away? Should I try to find out? Would it be appropriate to attend a funeral—if there was one? Had they simply needed space? I felt helpless, suspended in a cloud of uncertainty, grief, and ethical quandaries. And so, I brought it to supervision.

In that supervision space, I was able to lay it all down: my confusion, worry, sadness, and guilt. Together, we explored the emotional and professional weight I was carrying. I realised how fear of sudden loss had started to affect my presence with other clients—especially those with serious illness. We looked at the ethics of seeking closure, found peace with the unknown, and even created a personal ritual for saying goodbye. That conversation allowed me to continue practising with clarity and compassion, rather than fear.



Group Supervision

Supervision: A Steady Companion in Our Practice

Supervision isn't about being fixed. It's about being heard. It's a space to pause, process, and look again at what we're holding in our practice—whether it's joy, confusion, emotional weight, or ethical questions.

Unlike training or case review, supervision invites us to step back and reflect—with support—on how our work is affecting us, and how we want to move forward. Over the years, I've found that supervision—particularly in groups—offers an anchor of clarity and connection in an otherwise solo working life.

What Is Supervision, and Why Does It Matter?

Supervision is a space for reflection, growth, and renewal. It's where we can explore our work from multiple angles—emotional, ethical, practical—and receive feedback and support in a confidential, non-judgemental setting.

Unlike training or mentorship, supervision isn't about being told what to do. It's about being invited to think, feel, and reflect more deeply on your work and how it's affecting you. It strengthens our capacity to be fully present with clients, even through uncertainty or difficulty.

Though common in fields like psychotherapy, supervision is still optional in many areas of complementary health—including Shiatsu. But those of us who engage with it know... it's not a luxury. It's a vital part of sustainable practice.

One-to-One or Group: Two Valuable Paths

One-to-one supervision offers focused time to reflect on specific issues—perhaps a complex case, ethical dilemma, or personal triggers arising in your work. It's



One-to-One Supervision

particularly helpful when you need privacy, depth, or specialist support.

Group supervision brings a different kind of power. In group sessions, we benefit from shared wisdom and multiple perspectives. Someone says, “Yes, I’ve been there” and the shame begins to lift. Another shares a creative solution you’d never have considered. The simple act of being witnessed by peers can be healing in itself.

A committed group also builds accountability and depth over time. When you know your group well and trust has been established, it becomes a place where you can be gently challenged—where patterns can be mirrored back to you and where long-term learning happens. It reminds us that we’re not in this alone.

How Group Supervision Works

Group supervision is a collaborative, co-created space—held within a small group of fellow practitioners and guided by a trained supervisor. We come together with shared respect and trust, knowing that we each bring valuable experience and insight.

The supervisor’s role is to create and hold a safe, confidential, and non-judgemental space. They help us stay focused, ask thoughtful questions, reflect back what they’re noticing, and gently challenge us when needed. But the magic of group supervision is in the shared perspectives—how someone else’s story can suddenly shed light on your own, or how witnessing another practitioner’s journey can offer unexpected clarity for your own path.



Each of us brings what we need to explore: a client case, an emotional reaction, a professional dilemma, or a pattern we've noticed. There's no hierarchy, no pressure to 'have it all together'. We each set our own agenda and bring what feels relevant.

Importantly, supervision isn't about self-criticism—it's the opposite. It's a place to shift out of judgement and into curiosity. To be reminded of your skills, your sensitivity, your intentions. Over time, this builds self-confidence, self-trust, and a deeper ease in your work.

What You Can Bring: How Supervision Works - a Space for all Aspects of Practice

Supervision isn't just for when things go wrong. It's a space to bring all aspects of your work—your challenges, yes, but also your growth, your

questions, your creativity, and even your celebrations. Over the years, supervision has helped me navigate a wide variety of topics, including:

- **Building up a practice** – Feeling lost or overwhelmed when first starting out? Or looking to grow in a more intentional way? Supervision can offer guidance and clarity
- **Ethics and confidentiality** – From managing dual relationships to handling sensitive information, supervision offers a safe place to explore ethical dilemmas with neutrality and care
- **Clinic management and time management** – The logistics of running a practice are no small feat. Supervision can help with practical strategies and mindset shifts
- **Boundaries** – Emotional, physical, energetic, and digital. We often give generously—supervision helps us explore where we might be over-giving or self-sacrificing
- **Burnout and compassion fatigue** – A common and very human risk in this work. Supervision supports us to recognise the early signs and build strategies for renewal
- **Isolation** – Many of us work solo. A supervision group offers community, connection, and the joy of being understood
- **Working with emotional issues** – Clients often bring deep emotional material. Supervision gives us tools and support to stay grounded, present, and ethical in our response



A co-created space of shared wisdom

- **Lack of confidence** – Whether it's imposter syndrome or simply a wobble, being validated by peers can bring strength and self-assurance
- **Work-life balance** – Supervision can help you honour your own needs alongside those of your clients, so your practice nourishes rather than drains you
- **Transitions** – Whether it's returning to work after time off, moving clinic space, or shifting career direction, supervision is a steady companion through change
- **Relationships with other professionals** – How do we collaborate, refer, or navigate overlap with GPs, therapists, or other practitioners? Supervision can offer perspective
- **Income challenges** – Money can feel like a taboo in healing professions, but supervision can help you explore your relationship with income, fees, and self-worth with honesty and support

Supervision as Ongoing Support

You don't have to be 'struggling' to benefit from supervision. It's just as powerful when things are going well. It keeps us in touch with our own process, helps us integrate learning, and supports us in growing a practice that is both effective and sustainable.

Supervision reminds us that the practitioner needs holding too—and that doing our inner work is what makes our outer work truly shine.

Supervision as Self-Care and Professional Integrity

As practitioners, we're often trained to care deeply for others—but our time and dedication to doing that for ourselves can slip. Supervision is a structure that says your wellbeing matters too. That your inner life as a practitioner deserves space and care. And that through supporting ourselves, we serve our clients more fully.

It also supports professional integrity. We're human, and we make mistakes. Supervision gives us a place to look at those moments honestly, learn from them, and come back to our work with renewed presence and responsibility.

A Community of Support: Why It Matters More Than Ever

I truly believe that supervision—especially in a group setting—is one of the most nourishing things we can offer ourselves as practitioners. It's where I've laughed about the small stuff, cried about the big stuff, and been reminded, repeatedly, that I am not alone.

Being seen, heard, and held by other practitioners who 'get it' is powerful. Over time, it cultivates confidence, community, and clarity. It keeps our work alive and evolving.



Hannah in her Shiatsu space

An Invitation

If supervision is something you've been meaning to try—or return to—consider this your invitation.

Join a group. Find a supervisor. Give yourself the gift of space, of support, of being seen.

It's not about having all the answers. It is about creating a space where your questions, challenges, and insights can land—and where your practice, and your Self, are honoured. Where you can really thrive in your work, time and time again.

You don't have to do this alone.

Let's keep growing, together. 