

The Ingredients for Effective Group Supervision: Exploring Potential Processes Identified in the Literature

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Group supervision is a common training modality in university counselling programs (Bernard & Goodyear, 2009). Group supervision saves time and is known for its efficiency (Kuechler, 2006; Riva & Cornish, 1985). It is also an effective modality. Although supervisees have been known to prefer individual supervision, the research shows both group and individual supervision to be equally effective in training outcomes (Bernard & Goodyear, 2009). A question begs – *what processes have been used to explain the effectiveness of group supervision?* This review of the literature provides information on the known ingredients of effective group supervision, including concepts which have been linked to the field of positive psychology (Synard & Gazzola, 2012).