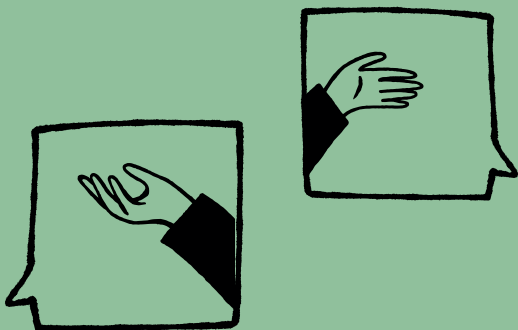


What Types of Supervision are Available?

At AMSANT, we offer both Clinical and Cultural Supervision, catering to a variety of needs for the Workforce.

While AMSANT do not currently have a Cultural Supervisor, we can assist with linking you in with one!



Who is Eligible?

If you work for an AMSANT Member Service or an Associate Member Service, you have free access to Supervision!

Clinical supervision is available to all workers, not just clinicians.

You can access supervision individually or in groups on an ongoing basis or as needed. Even one session every now and then can be helpful.

Meet our Clinical Supervisor

Sarah Haythornthwaite

sarah.haythornthwaite@amsant.org.au

0414 964 679



Sarah is a Clinical Psychologist with over 20 years' experience working with children, young people, families, and adults across diverse settings. For the past 15 years, she has worked within Aboriginal Community Controlled Organisations, focusing on Social and Emotional Wellbeing and providing clinical supervision and support to staff. Guided by the knowledge of Aboriginal colleagues and mentors, Sarah's practice is grounded in culturally sensitive, trauma-informed, and systemic approaches.

For further inquiries please contact
sewb.training@amsant.org.au
(08) 8944 6666

Workforce Supervision & Support

Clinical and Cultural Supervision



Are you seeking additional support in your workplace?

What is Supervision?

Supervision is a supportive and reflective process that provides a safe space to yarn about your work, build skills, and look after your wellbeing. It acts as a professional debriefing to help you stay grounded, confident, and effective in your role.

Debriefing is Important!

Benefits of Debriefing

- Gives you space to unpack difficult experiences and reset emotionally.
- Encourages personal insight and learning after tough situations.
- Helps you regain perspective and refocus on what's next.
- Supports emotional balance and self-care.
- Builds resilience to keep you thriving in demanding work.

Debriefing can Support & Prevent:

Vicarious Trauma

Vicarious trauma can happen when you hear or see distressing stories through your work. Over time, these experiences can start to affect how you feel, think, and see the world.



Burnout

Burnout develops when ongoing stress and pressure at work leave you feeling drained, detached, or less effective. It can impact your energy, motivation, and overall wellbeing.

Compassion fatigue

Compassion fatigue is the emotional and physical exhaustion that can come from caring deeply for others. It can make it harder to feel empathy or stay connected to your work.

Why Seek Supervision?

- To sharpen your professional skills and decision-making.
- Explore challenges with guidance from an experienced mentor.
- To reflect on complex cases in a structured, supportive way.
- Stay aligned with ethical and professional standards.
- To grow confidently and sustainably in your role.

It's key to look after your Social and Emotional Wellbeing at work!

Signs to watch for

- Feeling emotionally exhausted or drained.
- Thinking about work constantly or struggling to switch off.
- Irritability, mood changes, or trouble sleeping.
- Feeling overwhelmed, stuck, or doubting your abilities.
- Becoming disconnected, numb, or less empathetic towards clients.
- Avoiding certain cases or tasks because they feel too heavy.