FIT supervision in an agency setting

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FIT Supervision

- Administrative Supervision: How to use the ORS and SRS, implementation structures.

- Clinical Supervision: Understanding and integrating client feedback into practice.
FIT Supervision

• Involving the consumer in a dialogue about the outcome and alliance.

• Adjusting treatment to the consumer based on their feedback, or changing the treatment.

The commitment to being helpful, and the willingness to do something else, if we are not being helpful.
FIT Supervision

Case Presentation

- Name
- Age
- Gender
- Relationship status /Family
- Work / Education
- Who is concerned about the client?
- Treatment start
- Current treatment (including drugs)
- Previous treatment
- Abuse
- Reason for seeking treatment
FIT Supervision

Client
Preferences

Goals,
Meaning or
Purpose

Means or
Methods

Client’s View of the
Therapeutic Relationship
FIT Supervision

- Speak *about*, not to the therapist

- *Hypothesis about the alliance* rather than suggestions or theoretical reflections

- *Multiverse* rather than universe

- *Positive* connotations
Gladsaxe Family and Youth Center

Feedback Informed Treatment

Why FIT conference?
- Culture
- Tool
- Supervision

STOP AND THINK

"It sort of makes you stop and think, doesn't it."
Why FIT conference?

Culture

Tool

Supervision
Working as an internal FIT supervisor

Being the face of:
- the cultural change
- the implementation of FIT

Require a strong mandate from management
- repeating WHY FIT is a good idea
- participation at the FIT conferences

Require willingness from staff
- FIT supervisors must be brave and humble
- Peers must give authority to FIT supervisors
What could be potential challenges in your agency for having internal FIT supervisors?
Working as an internal FIT supervisor

Being the face of:
  • the cultural change
  • the implementation of FIT

Require a strong mandate from management
  • repeating WHY FIT is a good idea
  • participation at the FIT conferences

Require willingness from staff
  • FIT supervisors must be brave and humble
  • Peers must give authority to FIT supervisors
Process of working dynamically with the FIT conference

Culture

Tool

Supervision
Culture
Tool
Process of working dynamically with the FIT conference

Culture

Supervision

Tool
Supervision
The question form a colleague: "Shall I bring this case to an end?"
The question form a colleague:
"Shall I bring this case to an end?"
Preference

Cooperative

Responsible

Friendly

To consider the preferred relationship with Father

Relationship with Father?

School

Goal

Tp-Role

Mean/Method

Guide

Counselor

Parent
The question form a colleague: "Shall I bring this case to an end?"
Process of working dynamically with the FIT conference

Culture

Supervision

Tool
Cultural change

Professional development

Agency progress
Episodes

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Percentage Reaching Target

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Data from fit-outcomes.com
Thank you for your time