



Building Professional Excellence

Mindfulness in Counseling Supervision: Benefits and Techniques

Webinar Follow-Up Question and Answer Session With Dannette Berksteiner, EdD, NCC, CCMHC, ACS, LPC, CTRTC

Question from Anonymous:

What are some ways that supervisors who struggle with mindfulness can help their supervisees with these skills, even though they are a work-in-progress?

Answer from Presenter:

We are all a continuous work-in-progress. However, supervisors can model mindfulness by being transparent about their own journey, demonstrating a willingness to engage in collaborative learning, and implementing skills such as active listening and present-moment awareness during supervision sessions. Through this approach, supervisees feel encouraged to develop their skills in a supportive environment.

Question from Anonymous:

Are there any specific considerations when it comes to mindfulness in supervision for different practice settings, for example working at an inpatient unit vs. a traditional private practice?

Answer from Presenter:

Mindfulness in supervision can be adapted to different settings by tailoring practices to the environment's unique demands. For example, in inpatient units, supervisors might focus more on brief grounding exercises to help supervisees manage acute stressors experienced throughout the day. In private practice, there may be more opportunities for in-depth mindfulness practices that cultivate self-reflection.