

**UČNI NAČRT PREDMETA / COURSE SYLLABUS**

**Predmet:** Supervizija in intervizija  
**Course title:** Supervision and Intervention

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Psihosocialna pomoč, prva	Program nima smeri.	Drugi	Četrta
Psychosocial counseling, first	The programme has no field.	Second	Fourth

**Vrsta predmeta / Course type**

Izbirni/Optional

**Univerzitetna koda predmeta / University course code:**

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
30	/	45	/	/	105	6

**Nosilec predmeta / Lecturer:**

doc.dr. Nevenka Podgornik

**Jeziki /  
Languages:**

**Predavanja /  
Lectures:** Slovensko / Slovenian

**Vaje / Tutorial:** Slovensko / Slovenian

**Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:**

Vpis v tretji letnik.

**Prerequisites:**

Enrolment into the third year of study.

**Vsebina:**

**Content (Syllabus outline):**

- Opredelitev pojma in metode supervizije, njenih ciljev in funkcije
- Modeli, metode in tehnike supervizije
- Razvoj supervizije kot posebne metode
- Pogoji za supervizijo
- Supervizijski proces
- Paralelni procesi v superviziji
- Specifičnost supervizije kot podpore strokovnim delavcem in prostovoljcem v praksi
- Izkustveno učenje v superviziji.
- Supervizija kot metoda podpore in pomoč za obvladovanje stresnih situacij
- Supervizija kot komunikacijski proces
- Povezanost osebnostnega in profesionalnega razvoja
- Intervizija – specifična oblika skupnega učenja strokovnjakov (Metode intervizije)
- Etika v superviziji
- Vodenje dokumentacije o delu v superviziji
- Pomen supervizije za razvoj in ohranjanje profesionalne identitete

- The definition of the concept and method of supervision, its objectives and functions
- Models, methods and techniques of supervision
- The development of supervision as a particular method
- The conditions for supervision
- The process of supervision
- Parallel processes in supervision
- The specificity of supervision as a support for professional workers and volunteers at practice
- Empirical study in supervision
- Supervision as a support method and assistance for controlling stressful situations
- Supervision as a communication process
- The connection between personal and professional development
- Intervention – a specific form of group study for experts (intervention methods)
- Ethics in supervision
- Managing the documentation regarding the work in supervision
- The meaning of supervision for the development and the preservation of professional identity

**Temeljni literatura in viri / Readings:**

Hawkins, P., Shohet, R., 2006. *Supervision in the helping professions*. Philadelphia: Open University Press.

Kobolt, A. (ur.), 2004. *Metode in tehnike supervizije*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta.

Kobolt, A., Žorga, S., 2006. *Supervizija : proces razvoja in učenja v poklicu*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta.

Žorga, S. (ur.), 2002. *Modeli in oblike supervizije*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta.

Milošević Arnold. V., Erzar Metelko. D., Vodeb-Bonač. M., Možina. M., 1999. *Supervizija – znanje za ravnanje*. Ljubljana: Socialna zbornica Slovenije

Kadushin, A., Harkness, D., 2002. *Supervision in Social Work*. New York: Columbia University Press.

Ladany, N., Bradley, L. (eds.), 2010. *Counselor Supervision*. London. New York: Routledge.

#### **Cilji in kompetence:**

- Študent/ka spozna supervizijo kot specifično metodo, njene teoretske temelje, posamezne modele in vrst, kakor tudi značilnosti supervizijskega procesa;
- Seznanitev z razvojem metode v svetu in pri nas;
- Izkustveno učenje;
- Sposobnost za izvajanje supervizije strokovnih delavcev in prostovoljcev v praksi;
- Sposobnost usmerjanja supervizijskega procesa in uporabljanja relevantne metode in tehnike;
- Sposobnost za samostojno uporabo metode intervizije;
- Sposobnost reflektiranja delovnih izkušenj;
- Sposobnost uporabljanja komunikacijskih veščin značilnih za supervizijo;

#### **Objectives and competences:**

- Students will know supervision as a specific method, its theoretical foundations, individual designs and types, as well as the characteristics of the supervision process;
- Know the development of methods in the world and in our country;
- Experiential learning;
- Ability to perform supervision of professional staff and volunteers on the ground;
- Ability to direct supervision process and application of relevant methods and techniques;
- Ability to apply the method independently in supervision;
- Ability to reflect work experience;
- Ability to apply communication skills specific to supervision;
- Ability to recognize distress and crisis

- Sposobnost prepoznavanja stisk in kriznih situacij supervizantov;
- Obvladanje postopka dokumentiranja supervizijskega procesa dela.

situations supervizantov;

- Proficiency in the process of documenting the supervision process works.

#### **Predvideni študijski rezultati:**

Znanje in razumevanje:

- uporabiti relevantne teorije v procesu supervizije in intervizije;
- razlikovati različne modele in vrste supervizije;
- identificirati strukturo in procese v superviziji;
- oceniti model in tehniko supervizije;
- voditi supervizijo;
- uporabiti metode intervizije;
- razviti spretnost komuniciranja;
- razumeti delovanja institucij in izboljševanje institucionalnih praks na konkretnem področju;
- razviti strokovno avtonomijo v dialogu z različnimi akterji, institucijami in javnostjo;
- ovrednotiti lastne prakse na konkretnem področju
- napisati supervizijsko poročilo in voditi supervizijsko dokumentacijo.

#### **Intended learning outcomes:**

Knowledge and understanding:

- Apply relevant theories to the supervision process
- Differentiate various models and types of supervision
- Identify the structure and the processes in supervision;
- Evaluate the model and the technique of supervision;
- Conduct supervision;
- To use the method of intervention;
- Develop a communication skill
- Understand the operation of institutions and ameliorating the institutional ;practical work in a concrete field
- Develop a professional autonomy in a dialogue with other agents, institutions and the public;
- Evaluate one's own practical work in a concrete field;
- Write a supervision report and manage the documentation about supervision.

**Metode poučevanja in učenja:**

Predavanja z aktivno udeležbo študentov (razlaga, diskusija, analiza primerov, vprašanja)

Vaje, ki temeljijo na izkušnjskem, sodelovalnem in problemskem učenju (samostojno učenje, diskusija, razlaga, opazovanje, timsko delo, študija primera, metode kritičnega branja in pisanja, evalvacija, samoocenjevanje);

Individualne in/ali skupinske konzultacije (diskusija, dodatna razlaga, obravnava specifičnih vprašanj);

Možnost oblikovanje portfolija in samostojen študij (motiviranje, usmerjanje, samoopazovanje, samouravnavanje, refleksija).

**Learning and teaching methods:**

Lectures with the active participation by the students (explanation, discussion, presentation, problems solving, questions)

Seminars based on experience based learning, participation in problem learning (independent study, discussion, explanation, observation, team work, case study, methods of critical reading and writing, evaluation, self-evaluation);

Individual and/or groups consultations (discussion, additional explanation, dealing with specific issues);

A possibility of portfolio formation and independent study (motivating, guiding, self-observing, self-tuning, reflection).

Delež (v %) /

Weight (in %)

**Načini ocenjevanja:****Assessment:**

Način (pisni izpit, ustno izpraševanje, naloge, projekt)	Delež (v %) / Weight (in %)	Assessment:
Poročilo o opazovanju, kjer se ocenjuje: - izvedba samostojnega projekta, - poročilo (individualen izdelek, pisno), - predstavitev projekta.	50%	Type (examination, oral, coursework, project):  The report of observation where there are being evaluated: - the realization of an independent project - a report (an individual product, written) - the presentation of a project
Ustni ali pisni izpit.	50%	Oral or written examination

**Reference nosilca / Lecturer's references:**

Podgornik, Nevenka. Mental health as a public social problem. *Global journal of human social sciences*, 2014, vol. 14, issu. 1, str. 22-31

Podgornik, Nevenka. Reality psychotherapeutic process with a person that has mental disorders. *Research in social change*, 2012, no. 4, iss. 3, str. 187-216.

Podgornik, Nevenka. Depression : a socio-cultural way of manifesting women's psychological crises. *Anthropological notebooks*, 2012, year 18, no. 2, str. 55-67.

Podgornik, Nevenka. Možne paralele med supervizijskim in terapevtskim procesom. *Socialni izziv*, dec. 2010, letn. 16, št. 32, str. 30-32.

Podgornik, Nevenka. Reflektiranje učne terapije. *Svet kakovosti*, dec. 2009, letn. 14, str. 28-29.

Podgornik, Nevenka. *Psihične krize sodobnega človeka. Sociološko-antropološka perspektiva in vpogled v psihoterapevtsko prakso*. Trnava: Univerza Sv. Cirila in Metoda, 2014.

Podgornik, Nevenka. A Psychotherapeutic treatment of psychosomatic problems. *Innovative issues and approaches in social sciences*, 2014, vol. 7, no. 3, str. 148-166.

Podgornik, Nevenka. Terapevtsko-svetovalni proces z osebo, zasvojeno s spolnostjo = A counselling process with a person addicted to sex. *Kairos*, 2012, letn. 6, št. 1-2, str. 67-84