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## CLINICAL SUPERVISION IN THE MIRROR OF CUTTING-EDGE RESEARCH

**MILNE, D. (2009) *Evidence-Based Clinical Supervision: Principles and Practice* (Oxford: Wiley-Blackwell) 272 pp., 23 cm, ISBN 978-1-4051-5849-7, \$52.15.**

Derek Milne is director of Newcastle University, has a PhD in Clinical Psychology and has been a fellow of the British Psychological Society for a decade now. He is a regular supervisor in both clinical practice and research, and has also occupied the related roles of coach as a mentor and consultant.

As the writer says, this book has been written not only for supervisees or psychologists, but for everyone who is involved in supervision. This is clear for whoever chooses to open this book.

The work is very helpful not only for experienced supervisors, but also for both supervisees and the lay public. It contains nine chapters. In chapter one, the writer points out the importance of supervision and traces its course throughout its history. The second chapter features a basic, evidence-based model of factors which govern supervision, touches on different models of supervision and introduces the evolution of these models as they develop one after the other. The demonstration of these models is very useful for understanding the main expectations of good, successful supervision. Chapter three continues with a reconstruction of the experimental model. It traces different components of basic supervision such as moderating factors, mediators and mechanisms. It discusses similar evidence-based clinical models. The fourth chapter is about the importance of the relationship between supervisor and supervisee, and it also deals with both the significance and parameters of the supervision alliance. The book reflects the proficiency of the writer, as he gives helpful and realistic advice.

Chapter five shows how to apply supervision. In this chapter, the author alludes to ethical questions and also emphasises the most important attributes of a good supervisor. This chapter helps us in designing appropriate teaching methods and gives advice on how to assess learning needs and how to establish learning contracts. Chapter six is about learning supervision, emphasising the importance of the supervisee who is shown to be an artful and energising collaborator. He or she must negotiate agendas, responding to the supervisor's effort, initiating their own ideas and seeking specific feedback. This chapter examines the so-called de-skilling symptom, which can seriously hamper the success of the supervision. In methods of learning supervision, it discusses the responsiveness and the role of emotions in learning processes. The seventh chapter is about supporting supervision, the coping strategies for supervisors. It is well known how stressful supervision can be. The supervisor needs seven eyes to keep a close eye on complex information in several concurrent channels; however, the growing requirements are also strong

stressors. Consequently, supervisors need to develop personal coping strategies and the writer emphasises the importance of education and training for supervisors, where they can learn appropriate techniques and preparatory modes of behaviors. He highlights the importance of self-supervision and supervisor consultations, in which group mentors help supervisors in solving their emotional problems which stem from supervision itself. Chapter eight outlines how to develop supervision and gives us good advice on how to avoid common mistakes. The final chapter summarises essential principles and provides the basis for relating supervision to the wider professional context.

Both the book and its appearance are a great accomplishment. The language is clear and user-friendly. The illustrations are apt and a strong feature of the book is the ease with which its tables can be comprehended. Additionally, there are several useful homepages whose contents are closely related to the main themes. The results of recent research are also mentioned, which concur with the main thrust of the book, the aim of which is to motivate health professionals to practice supervision with greater enthusiasm and proficiency.

I can highly recommend this book to all ambitious readers who have a desire for learning. It should not only be read by professionals in the field as many people could benefit from its content.