



Employee Assistance Program (EAP), Debrief and Supervision



Here at Upside of Counselling (UoC) we encourage all employees to participate in supervision and debriefing sessions as required.

As a Student Counsellor with UoC, you will be supervised by a professional and qualified Counsellor during your role with us. Sessions are available to book into via the website (www.upsideofcounselling.com.au) if you require this.

UoC is committed to their duty of care to all employees (including Student Counsellors) to adhere to industry standards of debriefing techniques. This includes:

- best practice interventions
- crisis intervention
- structured debriefing
- internal and external referral sources

UoC is also committed to providing debriefing (as soon as possible after incident) and continuing supervision that can lessen the impact of:

- excessive stress
- burn out
- grief and loss
- violent or threatening behaviour

During these sessions we can provide information, techniques and suggested ways to implement strategies of:

- stress management
- internal and external support options and employee assistance programs
- specific limitations of work role, responsibility and professional abilities
- professional boundaries

Please – book in for a session with your Supervisor as soon as you feel the need.