

Resilience Based Clinical Supervision programme

Lucy Corner, Director of Cornerstone Care Solutions Limited, recently undertook the Resilience Based Clinical Supervision programme with FoNS, read her thoughts on the value of the programme:

Unlocking the Power of Resilience-Based Clinical Supervision (RBCS): A Game-Changer for Healthcare Professionals

Healthcare professionals, at all levels, face intense emotional and physical demands. As the world of care grows increasingly complex, one essential skill often overlooked is building resilience—not only for ourselves but for the teams we lead. The Resilience-Based Clinical Supervision (RBCS) course offered by the Foundation of Nursing Studies (FoNS) could be the transformative experience you've been searching for. Having recently completed this course myself, I cannot recommend it highly enough. Let me share why RBCS could be a game-changer for you and your organisation.

What is Resilience-Based Clinical Supervision (RBCS)?

RBCS is a form of restorative clinical supervision designed to improve emotional resilience and overall well-being for healthcare professionals. Unlike traditional clinical supervision, RBCS places a strong focus on the emotional systems that drive our responses to stressful situations. By integrating mindfulness-based exercises, it nurtures a compassionate approach toward oneself and others, fostering a more supportive and reflective working environment.

Here's what makes RBCS unique:

Co-creating a Safe Space: RBCS fosters an

environment of trust where participants can share openly and reflect deeply.

Mindfulness-Based Stress Reduction:

Techniques aimed at reducing stress and increasing awareness are incorporated to support emotional balance.

Exploring Emotional Drivers: It encourages a deep understanding of the emotional systems driving our reactions.

Understanding the Role of the Internal Critic:

Participants gain insights into how self-criticism can influence responses to stress, enabling them to develop more compassionate and constructive internal dialogues.

Compassionate Flow: The emphasis on self-compassion helps participants extend that kindness to others, enhancing the overall quality of care.

Why Is RBCS So Valuable?

Through facilitated, reflective discussion, RBCS allows participants to step back from their daily challenges and reflect on how emotional responses affect both their own well-being and their care for others.

The course has been shown to deliver several benefits, including:

- **Increased Self-Awareness:** Healthcare professionals develop a heightened awareness of the importance of self-care, which is often side-lined in the face of demanding work environments.
- **Enhanced Team Dynamics:** By nurturing compassion for oneself, RBCS encourages stronger, more empathetic team relationships.
- **Challenging Organisational Practices:**

RBCS invites participants to reflect on how workplace practices may be impacting staff and patient well-being, opening the door for positive change.

How RBCS Has Supported Cornerstone Care Solutions?

At Cornerstone Care Solutions, we've integrated RBCS into our approach to supporting staff in services we support, particularly those going through challenging transitional periods in both their personal and professional lives. Many of the services we are working with are undergoing significant changes, and RBCS has helped our team appreciate how to better support our colleagues and partners during these times.

Our staff have gained invaluable tools to reflect on their emotional responses, building awareness of how personal stressors can influence professional interactions. RBCS has equipped them with mindfulness techniques to manage stress, fostering a compassionate mindset that allows them to be more understanding and empathetic towards colleagues and employees in services experiencing upheaval.

This has proven particularly beneficial in times of organisational change. Whether team members are facing restructuring, new roles, or personal struggles, RBCS helps us create a compassionate and supportive working environment. The practice of mindfulness and emotional reflection has enabled us to ensure that we are caring not just for the individuals in our services, but for each other as professionals navigating the complexities of care delivery.

Why Should You Apply for RBCS?

If you're a healthcare professional committed to delivering the best possible care for your patients, RBCS will equip you with the tools to nurture not only your own resilience but also the resilience of those around you. By focusing on emotional awareness and mindfulness, the course offers practical strategies to maintain well-being amidst the inevitable stressors of healthcare work.

At Cornerstone Care Solutions, we've witnessed firsthand how RBCS helps build stronger, more resilient teams, capable of navigating change with compassion and understanding. This course has been instrumental in helping our staff develop the emotional skills needed to support others during difficult transitions.

I encourage anyone in healthcare to consider attending this invaluable course. Whether you're a frontline caregiver, a manager, or part of a wider healthcare organisation, RBCS will help you build resilience, reflect deeply, and ultimately improve both personal and patient outcomes.

For more information and to apply, visit the [Foundation of Nursing Studies RBCS page] (<https://www.fons.org/programmes-development-opportunities/clinical-supervision/>). Take that first step toward fostering resilience in yourself and your team!