



“Relationally oriented professional supervision: the work we do will occur in the context of the relationship we build in our time together”.

*“Supervision facilitates learning and growth, but it shouldn’t be based on the uncritical perception of the supervisor, but on **the creative abilities** of the supervised professional.”*

Tatiana Ceban

Disclosure Statement

What is supervision? What does it do?

Supervision is:

- ✓ a distinct professional activity, an essential professional intervention, a practical and efficient way of ensuring high-quality services;
- ✓ an ongoing practice, a systemic process and a unique contractual relationship between the supervisor and the supervisee;
- ✓ a transformative reflective conversation where co-sensing, co-creating, co-evolving and insight from the emerging whole occurs.

Supervision draws on adult learning theory, systems theory, the art of reflection, mindfulness, relational psychology, and neuroscience, it is an advanced dialog process, intellectually, psychologically, spiritually and much more..

Supervision involves working skilfully to generate new ideas, honing interventions, understanding relational dynamics and reducing fear and shame.

Supervision increases generative dialog, growth, commitment, competence, engagement, new ideas and heart work.

Professional Supervisor assesses your competence and supports your professional development.

Tatiana Ceban – professional profile:

- I am a Counsellor, Life Coach and Professional Supervisor.
- I have BA in History and Education, Master’s Degree in Counselling, ongoing studies for Postgraduate Certificate in Professional Supervision.

- I am certified in Existential Analysis, Systemic Family Therapy, Perinatal and Reproductive Psychology, Solution-Focused Brief Psychotherapy, Child Therapy, Sexology, Neuro-Linguistic Programming, Trauma-Focused Therapy, Professional Coaching and Professional Supervision.
- I am registered with New Zealand Association of Counsellors (NZAC).
- I have 25 years of experience in education, 15 years in not-for profit sector, and 11 years in mental health.
- I specialize in creating environment, context and conditions for changes at personal and professional level.
- I am passionate about working with women, men and families around childbirth and helping them to create a solid foundation for the beginning of children's life and fulfilling parenting.
- I work with clients from all around the world – online and face-to-face.
- I speak two native tongues - Romanian and Russian. I am fluent in English and Spanish and use all these languages in my practice.
- I regularly assess my competence and support my professional development through personal therapy and supervision.
- I base my practice by the core values and the requirements of confidentiality in the NZAC Professional Code of Ethics.
- My work is covered by indemnity insurance.

My interests include gardening, sewing, sailing, photography, coastal walking, mountain tracking, and digital skills upgrading. In my spare time I enjoy reading and reflective writing.

In my work I **nurture** independent thinking and high performance. I **encourage** collaborative learning, creativity, fresh insight and personal growth.

My approach to Professional Supervision:

- ✓ multi-professional perspective;
- ✓ contract: mutual consent, valid consideration, competency, lawful framework;
- ✓ cultural competence;
- ✓ framework based on a variety of models;
- ✓ relationally oriented;
- ✓ intentional conversation: deliberate, on purpose, planned, intended, premeditated;
- ✓ creative reflection.

I offer **interdisciplinary supervision** for wide range of practitioners, including social services, education, health, pastoral ministry, mental health, administration, law, and the voluntary sector.

For more information visit my website www.parenthood4d.com, Instagram profile [@tatceban](https://www.instagram.com/tatceban) / [@supervision_nz](https://www.instagram.com/supervision_nz), and Facebook page <https://www.facebook.com/parenthood4Dcounselling/>