



The Restorative Resilience Model of Supervision: A Reader Exploring Resilience to Workplace Stress in Health and Social Care Professionals

Dr. Sonya Wallbank

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The programme was designed to support professionals to process their workplace experiences and support them to build resilience levels to ensure they had future coping strategies beyond the initial life of the supervision sessions. The model of restorative resilience supervision was first developed in response to the emotional demands of midwives, doctors and nurses caring for families who had experienced miscarriage and stillbirth.

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