

Note on supervision with Ingrid Wawra, MA in Psychology

Through her supervision, Ingrid Wawra has stimulated personnel development by functioning as a catalyst for both the individuals in the group, and the group as a whole.

In our daily tasks working with traumatized refugees, we often remind one another of some of Ingrid's "pearls" and we can feel that her supervision has made a difference to the quality of our work.

We have been given crucial inspiration and support aimed at increasing our job satisfaction, though working out individual problematic situations and elevating them to the status of general problems. Ingrid has given us new insights through goal orientated teaching and she has managed to prepare us for change processes in our workplace.

Our group has been given a number of tools that we can use continually to activate the most appropriate resources individually and as a team. Furthermore, Ingrid sent us a comprehensive overview of the supervision process that has been of great use to us subsequently.

One of the most important lessons we learnt from Ingrid regarding our work with a traumatized group is that we must maintain our professionalism, and not demand the impossible of ourselves. In this way, we can avoid the risk of personal burnout, and maintain our job satisfaction so that we have something to offer the challenging group with whom we work.

We have been extremely happy working together with Ingrid. She is an experienced and skilled psychologist, and given that she is also a pleasant and wise woman with a positive attitude to her life and surroundings, she embodies the ideal supervisor. We would recommend her at any time.

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