

**Professional - Dr. Mary Jane Tacchi
Consultant Psychiatrist 2013**

"It is essential for all professionals in caring roles to be able to "off load" issues and thoughts associated with work in a confidential and contained environment.

To do so allows the person to remain well and function at a high level.

For those professionals who are not used to doing this, group work is ideal and allows the individual to learn that he or she is not alone or unusual in his or her thoughts or feelings towards work and the working environment.

Such reflection allows thoughts about work to be "normalised" and help with feelings of anxiety and stress.

I would definitely recommend these Reflective Supervision Groups to anyone in such roles."