

# Naomi Kalman

## Professional & Clinical Supervision

For Allied Health Leaders & Professionals



**'To be able to give to others we need to be able to take care of ourselves'**

### **What is Naomi's supervision style?**

Naomi works collaboratively with those she supervises, helping to set the goals that are meaningful for you and ensuring that the process meets your expectations. Her approach is to help you articulate your own best practice, whilst co-creating practical strategies that take into account the limitations and challenges of the work context.

### **What are Naomi's core skills and values?**

Naomi understands the constraints of working in the health system so is realistic about what it is possible to achieve. She is very good at helping people think outside the box and develop creative ways to change what they can control.

### **What is Naomi's Experience?**

Naomi has supervised individuals across a number of roles and settings – examples include:

- a school psychologist within a very challenging context and client group, who used her specific therapeutic skills to support her to manage working and communicating in a difficult work context.
- a psych nurse working in an acute setting with many frustrations due to workload and burnout – Naomi helped her identify small doable steps she could influence her work setting and identify what she required to have energy for her role or look for work elsewhere.
- a mental health OT moving into a middle management position, Naomi was able to help her develop leadership skills moving more comfortably into a supervising role as well as building effective relationships with her peers on the leadership team.

Naomi has worked provided group supervision to a range of organisations, examples include:

- 1) a group of mental health workers in a psychiatric disability service, working with them to develop their clinical skills with a challenging complex client group
- 2) a group of senior allied health clinicians working within a community health setting to support their supervisory and leadership roles

### **What is Naomi's professional background?**

Naomi is a mental health occupational therapist and family therapist with experience in inpatient and community settings, both public and private. She has worked extensively with clients dealing with trauma, complex mental health issues, grief and loss, relationship issues and major life stressors.

With extensive experience in mental health counselling and therapy, in a variety of settings both public and private, Naomi utilises the knowledge and wisdom learned from working in teams to have an extensive understanding of what factors help teams and individuals flourish.

## **Naomi Kalman**

**Individual, Couple and Family Therapist**  
Professional and Clinical Supervisor

**B App Sc (OT), Grad Dip Fam Ther, AHPRA, Clinical Member VAFT**