

Helping professions such as psychology, education, social-work, health care etc. differ from other professions in many ways. In all helping professions relationship between the helping person and the client is crucial. It depends on the worker's personality, motivation for performing a helping profession, and obviously also on the degree of difficulty of these professions, which may cause stress and furthermore result in burn-out syndrome. Last but not least, organizational culture of helping organization also affects quality of helping worker's achievement.

Supervision reacts to all these problems and helps workers cope with stressful situations, and thus prevent them from burn-out syndrome. It contributes to workers' consciousness of the quality of their relationships with the clients, helps them disclose hidden motives for performing a helping profession, and tries to solve problems in working teams of helping organizations. The role of supervision in helping professions is kind and safe contribution to workers' effective helping the clients. Supervision of helping professions has three functions: supportive, educational, and controlling, and several forms which help institutions and workers choose the most appropriate form for their purposes.

Supervision is rarely used in Czech school system, although there is a certain offer. It is mostly due to lack of consciousness on the side of school faculties in terms of its need and importance.