

## Training for Gestalt Supervisors First Seminar

The experience of the client and the resonance of the therapist:  
for a field perspective on supervision

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**Rationale:** GT considers psychotherapy meeting as a co-creation of contact boundary between therapist and client. Therefore supervision is addressed not just to the client's suffering nor just to the therapist's intervention, but rather to the "dance" between them. Supervision supports spontaneity of this dance and the supervisor is interested in how the therapist manages his own presence with that particular client. Diagnosis is important and is considered as a quality of contact boundary and of the field and as a quality of the ground experience of the client. The response of the therapist has two qualities: the attunement (his embodied empathy) and the resonance (his/her reaction-to the client's presence). Both aspects are relevant to describe the therapeutic field and the co-creation of contact.

**Content:** Supervision will be presented as a field related competence of the psychotherapist. Other more traditional skills of supervision will be outlined: diagnosis, concept of psychopathology, development, emotional involvement of the therapist. A form for clinical reports will be provided. Concepts of experience, self as contact, movement, contact boundary, aesthetic relational knowledge, figure/ground, field, will be summarized.

**Theory:** gestalt psychopathology, polyphonic development of domains, theory of self, dance steps between therapist and client.

**Methodology:** every topic will be introduced briefly, referred to written material and experienced in small groups, triads or couples. Every session will include a supervision and/or personal work. Attention to group process will be given.

### **Suggested readings:**

Spagnuolo Lobb M. (2013). *The Now-for-Next in Psychotherapy. Gestalt Therapy Recounted in Post-Modern Society*. Siracuse: Istituto di Gestalt HCC Italy Publ. Co. [www.gestaltitaly.com](http://www.gestaltitaly.com)

Spagnuolo Lobb M. (2016). Gestalt Therapy with Children. Supporting the Polyphonic Development of Domains in a Field of Contacts. In: Spagnuolo Lobb M., Levi N., Williams A. *Gestalt Therapy with Children. From Epistemology to Clinical Practice*. Siracuse: Istituto di Gestalt HCC Italy Publ. Co. [www.gestaltitaly.com](http://www.gestaltitaly.com):Istituto di Gestalt HCC Italy Publ. Co. [www.gestaltitaly.com](http://www.gestaltitaly.com), 25-62