

Training for Gestalt Supervisors Second Seminar

The experience at the contact boundary between therapist and client
and between therapist and supervisor

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When two people meet, they both experience a specific way of organizing their field, responding simultaneously to the way their partner organizes his/her own field: thus they create a situation. When a supervisor and supervisee meet for a session, the encounter of the two fields creates a situation in the here and now which also includes the situation there and then created by the client and the therapist. Two situations are thus superimposed in the same moment, and one can be used to lighten the other. We use to name this phenomenon "Parallel process".

Part of the style of each of us is made of our way of structuring our field, and one of the major interest of the therapeutic situation – and of the supervision as well – is that our partner, who is a figural part of our environment, may give us some information about our impact on him/her. It can be considered as the main meaning for self-disclosure of the therapist – in a psychotherapy setting – or of the supervisor in a supervision setting.

So the detailed unfolding of what happens at the contact-boundary of each member of the interaction is of high interest to understand the processes at work. In a field paradigm, we have to remember that we are, in some way, always responding to an Other, choosing and enacting our own patterns with more or less consciousness, to create novelty.

This seminar will focus on these processes on which field and situation perspective shed a new light, beyond the limitations of the transference/counter-transference topic.