

Training for Gestalt Supervisors Fourth Seminar

Case Formulation and Experiment in Supervision

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Rationale: There are not only the client and the therapist, rather there is always a „third party“ involved in the therapeutic relationship. This „third party“ uses resources from outside the therapy situation and can be very useful to the therapist in finding a way in the very complex and sometimes confusing psychotherapy process. Supervision can be seen as building a supportive third party for each individual psychotherapist, which can be present for instance in the ability of the therapist to get an observational distance and conceptualize the situation, in the feedback provided by psychotherapy research, or in the pool of acquired methods.

Content: The seminar will introduce a concept of case formulation as a useful tool for supervision and experiment as a method for supervision.

Methodology: Theory will be introduced in a way directly connected to the supervisor's daily practice. Participants will practice supervision themselves and will get feedback to their work based on the topic of the seminar.

Competencies: Participants will acquire the ability to use case formulation concept as a supportive third party for their work as supervisors. They will also learn how to use their own creativity to invent experiments based on the here and now situation in supervision.