



# **Supervision session**

**11:00 – 13:00**

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# **5 stages in PPT supervision**

- Observation and distancing
- Inventory
- Situative encouragement
- Verbalization
- Broadening the goals

# Observation and distancing (10 min)

- Active listening
- Structuring information
- Notice feeling, thoughts and hypothesis, associations and self experience, fantasies and expectations
- Containing
- Supervisee task for group supervision

# Inventory (15 min)

- Ask questions
- Deepen your understanding
- “Color the white stains”
- Show real interest
- Keep in mind the task

## **Situational encouragement (10 min)**

- Emotional feedback to the story
- Capacities and personal characteristics of supervisee shown in the case
- What did surprise you

# Verbalization (15 min)

- How do you see the patient situation
- Level of work from psychodynamic perspective
- Actual conflict, content, dynamic
- How do you see the supervisee situation
- Relationship with the patient
- Transference and countertransference
- What story/proverb/metaphor comes to your mind
- Your own experience in dealing with similar cases

# **Broadening the goals (10 min)**

- What the supervisee took with him/her from the supervision session



**Let's do supervision!**