



Preparation for supervision session – Supervisor - 2

How can a supervisor prepare for a supervision session?

Sometimes a supervisor's preparation for supervision can include preparation on different types of topics based on the supervisee's experiences with clients. If the supervisee comes with a case, it is advisable to consider the specifics of the relationship and therapeutic situation, namely transmission and countertransference.

Transference and Countertransference

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Normative part of therapy and supervision

Should be welcomed into the supervision discussion

Countertransference

Historical (Subjective) - The emotions, fantasies, and reactions the supervisee has towards the client that arise from the supervisee's past experiences

Diagnostic (Objective) - The emotions, fantasies, and reactions the supervisee has towards the client that are diagnostic indicators of the client's subjective experience, defense structure or pathology

How and what to ask? With adequate training and the right questions, the supervisor can identify indicators of historical countertransference. Examples of questions are given below.

Indicators of Historical Countertransference:

- Do any of the client's traits match the traits of your primary caretaker (or other family members)?
- Do any of these traits describe you?
- Are you triggered by the client in ways which are similar to how family members have triggered you?
- Do you feel vulnerable being with this client in ways you have felt vulnerable in your family of origin?

How and what to ask? With adequate training and the right questions, the supervisor can also identify indicators of diagnostic countertransference. Examples of questions are given below.

Indicators of Diagnostic Countertransference:

- Do any of your feelings, fantasies or self-talk about the client feel "alien" or outside your typical range of experience?
- Do any of your feelings/emotions reveal how the parents of the client may have felt toward them as a child?
- Do any of your feelings/emotions reveal how the client may be feeling deep inside?

<https://dhhr.wv.gov/bhhf/ibhc/Documents/Presentations1115/Clinical%20Supervision.pdf>