



Creative methods of supervision

Drawings - drawing of the client, of the supervisee, of the ideal client, of the current state of the therapy with its “stuckness”, of the ideal result of psychotherapy.

Early recollections of the supervisee are always connected with the presented case, often in the form of emotional bridge.

Dreams - dream analysis of the supervisee demonstrates patient or client positions, concerns, fears, challenges, and hopes connected with the case.

Metaphors and **visualizations** could help to see client’s issues more clearly in the supervision process.

Role playing could be fun as well as an educative way to understand underlying issues.

Using objects (or cards) can point out important factors of the psychotherapy process which block its effectiveness.

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