



Supervizirana praksa
psihologov:
Razvoj programa
usposabljanja
mentorjev in modela
supervizirane prakse

SUPER PSIHOLOG

Projekt je financiran s strani Norveškega finančnega mehanizma 2009-2014 in nacionalnih sredstev RS.



REPUBLIKA SLOVENIJA
SLUŽBA VLADE REPUBLIKE SLOVENIJE ZA RAZVOJ
IN EVROPSKO KOHEZIJSKO POLITIKO



26.09.15 Effective and safe supervision: Group work **by Bjarte Kyte and Mona Duckert**

General instructions: Select a partner from your own field of work. You will be working in the same couples through all the tasks. Both of you will experience each task from the position of the supervisor and from the position of the psychologist bringing a case to supervision. Use the case you have prepared for supervision in your homework when you are in the role of the psychologist receiving supervision. Use the demonstrated strategies from the presented film clips when you are in the role of the supervisor. Try to follow the strategies as closely as possible – that will help the psychologist to recognise the difference between them.

Pay attention to the time and change roles after 15 minutes.

Task 1: Giving feedback on observed (videotaped) interaction

The psychologist presents the film clip and the the question: Start with the question. Then pretend to play the film for the supervisor: describe what you are doing and saying and what the client is doing and saying. Remember to describe what you are doing well and what you are doing that makes you feel bad.

The supervisor gives two different kinds of feedback:

Feedback 1:

The supervisor confirms the self-criticism presented by the psychologist and describes the problematic aspects of their behaviour.

The psychologist recognises how he/she reacts to the feedback and how the feedback is influencing motivation and self-esteem.

Feedback 2:

The supervisor shows understanding for the difficulties and describes what the psychologist is doing well.

The psychologist recognises how he/she reacts to the feedback and how the feedback is influencing motivation and self-esteem.

Task 2: Assessing the question and moving towards an answer

Supervisor strategy 1:

The supervisor is giving corrective feedback and advice: The supervisor explains to the psychologist what he/she did wrong and gives directions about what he/she should have done differently.

The psychologist participates in the process in an open-minded way and recognises how the interaction is influencing them.

Supervisor strategy 2:

The supervisor continues to work with the question by confirming statements and using development oriented assessment: The supervisor asks questions to help the psychologist to find their own way and their own solutions and confirms explicitly what he/she has done well. The supervisor might also help the psychologist to reformulate the question if that is appropriate.

The psychologist participates in the process in an open-minded way and recognises how the interaction is influencing them.

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