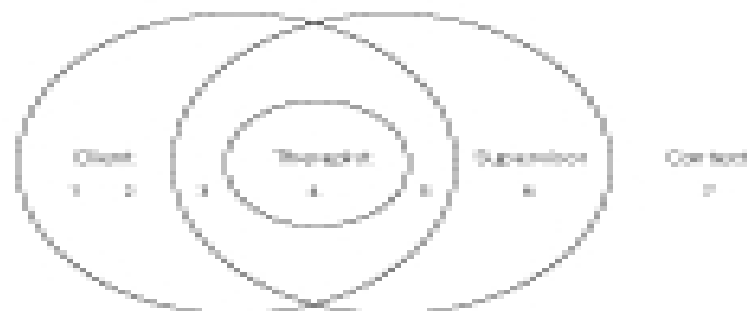


Process Model of Supervision

The process model of supervision was developed by Frankfort and Shohet (2012). It describes how the focus of supervision cannot focus on one of seven points at any moment in time. Questions to explore each point of focus are given below.



1. The client & how they are presenting
"What difficulties is the client experiencing?"
"Get on if you are the client?"
"Walk into the room as if you are the client?"
2. The interventions / techniques / strategies
"What does the theory say about this problem?"
"What else would you like to have done?"
"Given the problem identified, list some new interventions which might be appropriate"
3. The therapeutic relationship
"How would you describe your working relationship with the client?"
"If you and the client were animals, what would you be?"
"If you were meeting for an advice with the client, what would that be like?"
4. The reactions of the therapist / supervisor
"How do you feel about the session?"
"What does that indicate?"
"Are there particular client behaviours that make you feel a certain way?"
5. The supervisory relationship (parallel process)
"Are client-therapist effects playing out in the supervisor-therapist relationship?"
"Could this be an indication that the client is feeling similarly?"
6. The reactions of the supervisor
"Could the supervisor's feelings around supervision the first, during, or end be a guide to what is happening for the client or therapist?"
7. Wider contextual issues: systems or organisational
"Consider culture, gender, systemic factors, or other stakeholders (e.g. client's family, work)"
"Consider the therapist's organisational context"