

Supervision

Supervisor – You said that you find some of the silences difficult. Can you tell me a little more about that?

Therapist – Well... um it's when....no, it's as if they can't..... what do I mean? I just feel uncomfortable and not doing well enough.

Supervisor - Just noticing you're struggling to find the right words you want to use

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Silence

Therapist - Yes, sorry. I shouldn't be feeling this..... I need to be more accepting and focus on helping the client and not thinking about myself so much.

Supervisor – But this is a place where it is OK to look at your feelings and struggles

Therapist – Ok so the client struggles to find the right words and there are silences and I feel frustrated as it breaks up the flow of where we are going.

Supervisor – And where are you both going?

Therapist - The client wants to look at her difficulties in making herself understood by her manager and her colleagues – she says she always feels she's in a different place. That's where she wants to go.

Supervisor – Can I ask how you are going there?

Therapist – How?

Supervisor – Yes. It all sound very bumpy, with traffic jams and red lights.

Therapist – Yes, that's it. I want to speed up and they can't. Oh yes – I see what you mean (laughs) – I'm in a Ferrari and they need some air in the tyres of their Mini!

Supervisor – Can you help with the “air “problem?

Therapist – (Laughs) OK so it's time for a pitstop yeah? And I'll downsize my car or better still get in theirs and be the passenger!

Supervisor - And if your driver takes a wrong turn or gets lost?

Therapist – We can both explore how that feels. I can help bring it into the car!