

Workshop - Working with images in supervision

In the light and spacious art room, this hands-on workshop provided an opportunity for participants to explore how working with images can inform the process of supervision.

We did two art making exercises. The first took a theme from the discussion following the keynote presentation in the morning. The phrase "backwash" had been used as a way to help describe all the social, environmental, political and personal factors that come with us to therapy and supervision. We used this idea as a starting point for art making and then as a lead into some very open discussion of what the images brought up for us. There was a wide variety of responses to both the theme and the materials provided and this was reflected in the diversity of the images produced.

The second image making exercise was more focussed on how we are in supervision. The question "what kind of container do you need to be and what needs to be contained?" was explored through a variety of materials in two and three dimensional forms.

A lively discussion following this had to be contained to fit into the time available for the workshop. However, even in the limited time, a lot of thoughtful reflection was possible and there were important insights into the use of images in a therapeutic or supervisory setting.

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