



Inspiring Creative Supervision

Jane Wood, Caroline Schuck

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Supervision is most commonly practiced using conscious thought, questioning and verbal discussion. Yet creative supervision can be a stimulating and valuable alternative or adjunct to this, and is a particularly effective approach for working with people who are not able to express themselves well verbally. This book explains how to use the imagination, relaxation, meditation, visualisation and props such as toys or drawings to move supervisees away from conscious thought and into the power of play. The authors explain how such a creative approach encourages supervisees to explore the issues they are facing freely, and in doing so bring about powerful new insights. They draw together theory, research and practical exercises, and provide ideas for setting up and running creative supervision sessions, including how to get started and what tools and props are needed. The ideas and techniques outlined in this book will serve as a springboard for supervisors in many different contexts to work differently, and more effectively, with their supervisees. This book will be of interest to expressive arts therapists, social workers, psychologists, mental health workers, and anyone else working in a supervisory role.

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