



Relational Supervision

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Relational in Gestalt

Gestalt therapy theory is relational in its core.

What do we mean by relational?

Relational in Gestalt

- ▶ A relational perspective is so central to the theory of Gestalt therapy that without it there is no coherent core of Gestalt therapy theory or practice. The practice of supervision is one of the fields.
- ▶ Core relational philosophical principles of Gestalt therapy:
 1. existential phenomenology,
 2. field theory, and
 3. dialogic existentialism

1. Existential Phenomenology

- ▶ Gestalt therapy is based on the philosophy and method of phenomenology (grounding ourselves in the phenomena experienced in the here and now) (Yontef, 1993).
 - ❖ Refining conscious awareness of the phenomena
 - ❖ Reducing bias
 - ❖ Experiencing the phenomena in the presence of the relational field
 - ❖ Co-Construction
 - ❖ The experience is never finished, objective, or absolute. It is a process.
 - ❖ Respect and appreciation of differences in the phenomena experienced
 - ❖ Humility to experience the phenomena in the field starting from a not knowing position

2. Field Theory

- ▶ Interacting forces form a field in which every part of the field effects the whole and the whole effects all parts of the field.
- ▶ No event occurs in isolation.
- ▶ Human events are perceived to be a function of an organismic environmental field.
- ▶ Supervision does not happen solely in a dyadic relationship but in a context.

3. Dialogic Existentialism

- ▶ Dialogue can be seen as shared phenomenology. I do not know alone; I know with you.
- ▶ Every intervention, every moment of therapy and supervision, is not only a technical event but also a moment of interpersonal contact.
- ▶ The awareness work is done by the relational interaction of supervisor and therapist.

Relational Gestalt therapy has been concerned not only with "talking the talk" but also "walking the walk".

3. Principles of dialogue in Gestalt

- ▶ **Inclusion**
- ▶ **Confirmation** of the patient's authentic existence and potential.
- ▶ **Presence**; Presence in Dialogue
- ▶ **Commitment and surrender to the between**
- ▶ **No predetermined outcome**; trusting the process of dialogue and what emerges.
- ▶ This emphasis of **dialogic nonjudgmental**
- ▶ **Staying in the here- and-now interpersonal process**

What emerges in Relational Gestalt Supervision?

- ▶ Time to reflect
- ▶ Relational soul can never be reached with our mind but our whole being.
- ▶ Open and humble to educative aspect, normative, restorative, contextual and organisational
- ▶ Safe formative repair zone
- ▶ Potential for creativity and what emerges

Possibility to continue rekindling the yearning for making a difference, the heart for the practice and the soul of a better humanity in the ecology of the greater picture of our societies.

Relational Gestalt Supervision Exercises and works

- ❖ Phenomenological Exercise
- ❖ Relational Exercise
- ❖ Individual Phenomena in the field experienced through relational the collective relational dialogue Exercise
- ❖ Individual and Group relational Supervision works