



The Body in Supervision

**A supervision training seminar with Carmen Joanne Ablack
Zagreb, 21 - 23 September 2012**

The supervision relationship offers a unique experience to supervisee and supervisor to understand the silently conveyed communications from body-mind to body-mind in the therapeutic space created between supervisees and their clients. Additionally the resonances of words, language, sound and meaning of movements are important factors in understanding the relational depth of the psychotherapeutic encounter and the supervisory space.

In the body in supervision we will explore many different ways of eliciting and using this information so that we can:

- Uncover new insights and layers of understanding by using the body-mind as a conduit or passage for counter / transference awareness and information.
- Attend to those client / therapist encounters and supervisor / supervisee encounters and experiences that prove most resistant to cognitive understanding alone.
- Learn about the 'felt sense' of the spirituality of the body in supervision, as supervisee and supervisor hover over the territory of the work - working with the wisdom of the body collective and the relationality of the supervisory encounter.
- Learn how to manage, and support others to manage, the dynamics of secondary trauma and shock arising from our work as practitioners.
- Experimenting with exploring the information held with the felt sensing of the body and movement signposts as they come into the supervision space.
- Playing with and learning from the creative theatre of supervisory breath, sound and movement work.

Carmen Joanne Ablack - Carmen is an Honorary Fellow of the UK Council for Psychotherapy and has been leading and teaching groups since the 1980's. She holds a Post-graduate Diploma in Theory and Practice of Supervision from the Metanoia Institute. Carmen has a background in performance and facilitating performers as well as an extensive knowledge of working with identity, trauma, relationship and group processes as a psychotherapist. She currently teaches on the MA programme at the Gestalt Centre London and is a former trainer and supervisor at the Chiron Centre. Carmen has been a visiting tutor and supervisor at psychotherapy trainings in Europe since the early 1990's.