

Supervision conference: Balance in an unstable world: aligning body and mind.

Iona Fredenburgh

Title: The signals are everywhere!

The therapists we supervise often marginalise sensory experiences they have in relation to their clients, thinking, for instance: *It's just me - not relevant to the client and their process... Just because I was struck by what they're wearing, or that gesture they repeat, the synchronicity of something happening outside, or I feel irritated or bored for some reason, - doesn't mean its relevant - it's not part of my plan for the session, and I wouldn't know how to bring it in anyway.*

And sometimes we do the same in relation to our supervisees. We often don't quite notice what we notice. But then we miss the signals that very often express something centrally relevant and useful to the client's process - or the supervisee's process.

We can draw a theoretical foundation for this awareness from field theory and systems theory.

Emergent processes, you might say, wave at us for our attention! How can we train and support ourselves and our supervisees to value and utilise the apparently unimportant signals that can lead us - if we allow ourselves to embrace the unknown and unintentional, expressing itself in us, between us and around us.

This workshop begins to explore this question.

When we include this perspective in our practice, and encourage it in our supervisees, what unfolds is the interconnectedness of intrapsychic, inter-psychic and contextual processes: inner processes are not separate from relationship and context. We increase our ability to notice, respond to and facilitate some of the greatest gifts offered to us, in navigating these challenging times.

Iona Fredenburgh: I'm a faculty member of Processwork UK. Processwork, developed by Arnold Mindell and colleagues, is an awareness-based practice designed to be used universally - in psychotherapy, leadership development, conflict facilitation, with people in coma, and in the arts, to name some of the diverse contexts.

My partner and I live in Wales, grateful for the mountains and sea. Some of my recurring themes of interest include learning from Alzheimer's; extreme states and alternatives to the prevailing medical model of mental health; and relationship with earth and spirit.