

## **Group Supervision as Spiritual Practice. Beyond the Unstable Ego.**

**Robin Shohet**

Very early on in the group supervision training I do, I tell trainees that I am not the slightest bit interested in them. I am interested in how they can allow themselves to be empty, a channel, so that what needs to be discovered or uncovered about the therapist/client dyad can be available. Paradoxically, when the personality is not given its usual outing, people become more present to themselves, each other and the work, and supervision truly becomes a balance in an unstable world, both inner and outer.

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Robin has been supervising since 1977. He has a practice in London and Findhorn, Scotland and specialises in group supervision