

Competences of a Gestalt Supervisor

1. A Gestalt supervisor is able to support the therapist:

to create a safe, clear, supportive and ethical setting for the therapeutic relationship and for the client

to recognize her/his own limits and possibilities, style and resources in order to decide whether to work with that specific client or refer her/him to a colleague

to see the resources and limits, potentialities and risks for the client and of her/his situation and life

to explore and provide the background of the clinical situation (the relational network, the family's history, the social and cultural field, both in a synchronic and diachronic dimensions)

to recognize the intentionality for contact of the client that is still available in the here and now and support it to unfold in contact with the therapist.

To use a developmental perspective and see which parts of the contact boundary are absent and which parts are still full of energy.

To use the aesthetic relational knowledge to grasp and support the beauty of the client's suffering

to connect in a critical way the clinical situation to Gestalt therapy theory, to psychopathology, to diagnostic systems and to research

to work on the contact boundary and on phenomenological fields that are co-created in therapy as well as on contact boundary and the fields co-created in supervision

to be open to see how s/he is contributing to the suffering that the client shows during the session

to adjust her/his presence in order to support the intentionality for contact, the now for next and the transformation of absence into presence at the contact boundary

to stay in a continuous education process focused on her/his personal and professional growth and on the developments in psychotherapy method and research.

2. A Gestalt supervisor is able to use all the above mentioned competences in the relationship with the supervisee.
3. A Gestalt supervisor is able to make a clear and fruitful contract of supervision with the supervisee
4. A Gestalt supervisor is able to adjust her/his way of working according to the setting (continuous or occasional supervision, individual or group supervision, private or institutional setting)
5. A Gestalt supervisor is able to recognize when s/he needs personal or professional support in order to continue her/his work as a supervisor.