Supervising in difficult times.

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Acknowledgements
Creating brave spaces

Supervision can be a vulnerable set-up

Context: ‘cloud’ of trauma (intergenerational, historical, cultural, social)

Importance of supporting nervous system regulation

Creating a container
- Opening and closing rituals
- Setting the tone
- Group agreements
- Co-creating a supportive, respectful environment where trust and professional growth can thrive

Who’s in the room?
Supervision as mirrored room
Systemic oppression

This is not a matter of being politically correct, this is about being relational and systemic in our approach.

From: https://nationalequityproject.org/resources/featured-resources/lens-of-systemic-oppression
Reflection moment

❖ Individually, take a moment to think about and, if you want, write down how issues of power, oppression, privilege, civil rights and social justice have surfaced in supervision for you.

❖ In pairs, take a moment to discuss what you noticed from the individual reflection time, or continue to reflect individually, if you prefer.
Reflection moment

❖ In small groups (2-3 people) discuss:
❖ How your own positionalities and the positionalities of your supervisor(s)/supervisee(s) may be visible/invisible, spoken/unspoken.
❖ Which ones are significant to you and why?
❖ How do they impact the supervisory relationship?
❖ What do they open up, what do they close down?
Towards a supervision of reflective solidarity

Supervision of solidarity – resisting oppression & nurturing social justice


Structuring brave spaces
Naming and addressing power
Interdependence
Collective sustainability
Relational ethics
Transgression
Relational risk-taking
Transformation
CONTACT DETAILS

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Thank You
Gracias
Danke
Grazie
Merci beaucoup
谢谢您
お疲れ様
Obrigado
Thanks
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Further reading and resources


