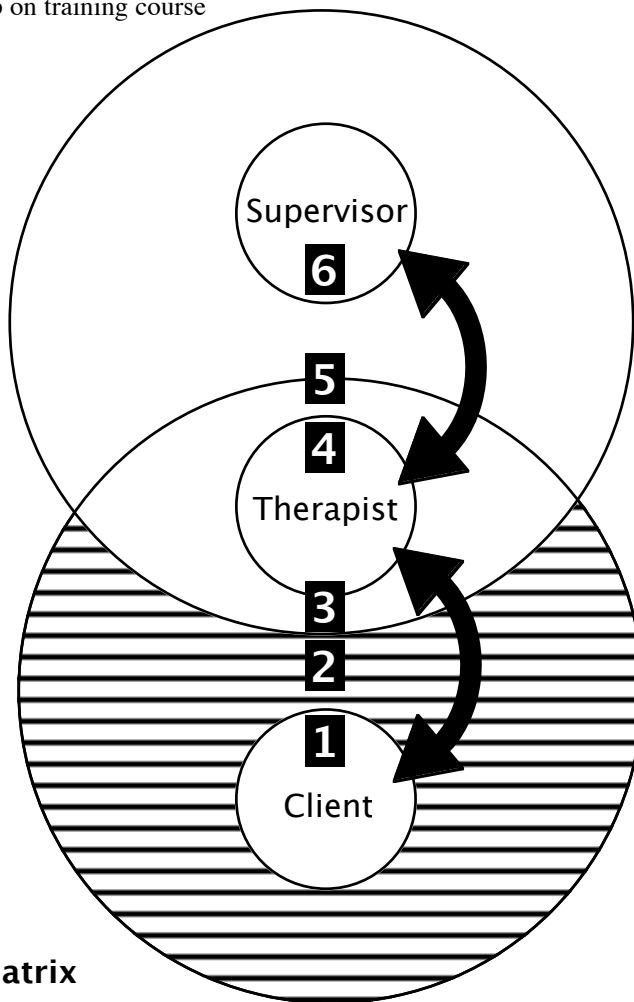


Hawkins/Shohet model of 'parallel process':

From Hawkins, P. & Shohet, R. "Supervision in the Helping Professions", p. 57

Supervision Matrix

or, more generally, consultant matrix,
e.g. tutor group on training course



6. Focus on supervisor's countertransference
5. Focus on supervisor-therapist here-and-now process as a mirror or parallel of therapist-client there-and-then process
4. Focus on therapist's countertransference
 - a. personal material re-stimulated
 - b. transferential role projected onto th.
 - c. th.'s attempt to 'counter' that role
 - d. projected material taken in by th.
3. Exploration of therapy process and client-therapist relationship
2. Exploration of strategies and interventions used by the therapist
1. Reflection on the content of therapy session

Therapy Matrix

or, more generally, organisation matrix,
e.g. student group on training course

1. Reflection on the content of therapy session

focus on actual phenomena of session; client's presentation and narrative, what and how they share
=> help th. pay attention to the client, their way of being and behaving *in* the session and *throughout* process, and how their presence in therapy is related to their struggles outside therapy, i.e. in client's life

2. Exploration of strategies and interventions used by the therapist

not only what intervention, but also when and why; explore alternative interventions
=> help th. increase range and flexibility of interventions

3. Exploration of therapy process and client-therapist relationship

focus on what happened consciously and unconsciously in client-therapist relationship
=> help th.'s understanding of the dynamics of therapy relationship

4. Focus on therapist's countertransference

concentrate on what is still being carried by the therapist, both consciously and unconsciously (unfinished)

- a. personal material re-stimulated
- b. transferential role projected onto th.
- c. th.'s attempt to 'counter' that role
- d. projected material taken in by th.

5. Focus on supervisor-therapist here-and-now process as a mirror or parallel of therapist-client there-and-then process

attending to unconscious dynamics of client-therapist relationship as they are played out unconsciously between therapist and supervisor

6. Focus on supervisor's countertransference

helps supervisor attend to unconscious and unreflected dynamics (that cannot be reported, but are enacted)