

Reconciling Protocol with Possibility: Using Fundamentals of Supervision to Promote PBSP Capacity

Sally Potter, M.S., M.A.

Workshop (optional)

Friday, 27 September 2019, 3:00 p.m. – 4:30 p.m.

During his creative lifetime, Al Pessó constantly blended intuitive theory with emergent technique to keep the PBSP method both consistent and continually unfolding. How can PBSP supervision help to maintain this growthful stance alongside the method's necessary consistency?

In the workshop we will explore two supervision domains – formative and restorative – for enabling PBSP to flourish in the next decade:

- How can different modes of supervision develop a country's PBSP community of practice? How best through supervision to build capacity in a country, while retaining the rigour and ritual of this distinctive method?
- What ways of supervising in this approach are most enabling for the individual and most supportive of personal 'endless unfolding' – for supervisor and supervisee?

Precise language is an essential criterion of PBSP. Language awakens implicit memory and evokes new memory to expand consciousness. What are challenges for the PBSP supervisor regarding precision of terminology, when supervising in the same language or across languages?

Another challenge involves 'capacity building'. What forms of supervision optimally grow PBSP communities of practice and encourage safe connection within those communities? Can group supervision and 'live' supervision of real structures be used strategically to achieve higher standards within a shorter timespan?

And finally, as a standard-bearer and ambassador of the method, what qualities must the PBSP supervisor have and aspire to? Can supervision develop and strengthen the capacity of experienced practitioners to accept a phase of temporary 'not knowing'? How can supervision also help therapists continue their own growthful journey – beyond personal historical deficits or trauma – without their feeling exposed when others are present?

In an interactive fashion we will explore what makes PBSP supervision most useful and developmental – for supervisee, for supervisor, and for other learners present in supervision settings. Sample topics:

- complexities and dilemmas of the supervisory relationship as illustrated in film and transcript excerpts
- the range of formats for conducting supervision (one-to-one / groups / at-a-distance / etc.), their advantages and disadvantages, and their impacts – on supervisor and supervisee
- the relative developmental value to the supervisee of various modes of evidence used in a supervisory session: reported practice / recorded practice (audio or video) / 'live' practice
- the precision of language – what to address in supervision, when and why
- how supervising another therapist enriches the PBSP supervisor – "the endless act of becoming who we really are"

The workshop is suitable for PBSP supervisors, supervisors in training, PBSP trained therapists and therapists in the final stages of PBSP training. The focus will be on supervision outside the training context.

Participants will be invited to evoke the notion of a personal 'Ideal Supervisor'. Key challenges and issues around modes of supervision will be raised, so that participants' current resonant issues may be responded to. Questions will direct attention to essential areas of focus.

Handouts will be used to summarize principles and choices for offering more strategic supervision, including current practice around supervision requirements in the UK. Relevant video clips of actual supervisory practice (with client permission) will selectively illustrate topics under discussion.

Sally Potter, M.S., M.A. (UK)

Sally is a management development consultant, executive coach and a psychotherapist accredited with the British Association of Counselling and Psychotherapy (BACP). She works in private practice with individuals, couples, families, groups and teams and is also a Visiting Fellow at Cranfield University School of Management.



One of three Pesso Boyden Trainers in the UK, Sally was certified by Al Pesso and Lowijs Perquin in 2015 and has found it always growthful and often joyful to work collaboratively with her UK PBSP Trainer colleagues.

As PBSP Training Co-ordinator for the UK she has initiated six UK training cohorts since completing her own PBSP training in 2003. She continued advanced training and personal work with Al Pesso in the US for 14 years, until Al's final working year, and has led successful PBSP events in Italy, Croatia, Finland and the Czech Republic.

The passion, precision and respectful creativity she brings to this approach get to the heart of client issues and progress emotional wellbeing. Sally additionally holds an M.S. in Educational Management and an M.A. with Distinction in Relationship Therapy.