

Focused Issues in Family Therapy

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Supervision of Family Therapy and Systemic Practice

 Springer

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Preface

We want to say a few words about why we wanted to edit this book on systemic approaches to supervision and why we all wanted to write this book.

Overall, there are too few books written on supervision processes and practice. This is surprising given the crucial importance of supervision in looking after both the therapist and the client and thus the therapy. Although this book is written mainly for the supervision of family therapy and systemic practice, it contains much material that is relevant to other mental health and social care practitioners and psychotherapists, such as supervision processes and the learning and development of both the supervisor and the supervisee.

We are a group of systemic trainers, supervisors and practitioners, working in Oslo, Norway, and connected to each other over the years through shared interests, work and close relationships. All of us are dual qualified—both systemically trained and trained in other disciplines, such as education, social work, nursing and clinical psychology.

This book is about the family therapy supervision process and supervision practice. It is written for novice supervisors who are learning their craft, and for experienced supervisors who are reflecting on their learning and development in their various supervisory roles. The book covers the supervision of trainee and novice family therapists/systemic practitioners, post-qualification practice, and the supervision of experienced supervisors, both as supervisors and therapists in their own right. A central concern of the book is how, in supervision, we look after ourselves and each other and maintain our enthusiasm, wellbeing and vitality in the triangular relationships of supervisor and supervisee and therapy client/s. We explore the contexts that support effective supervision practice, for example, personal, relational and material resources, and also the special, and challenging work contexts that supervision is delivered within, such as working with substance misuse and violence in the family. The theory and evidence base for effective supervision informs each chapter.

We hope our book contributes to updating theory and practice in supervision by incorporating the recent developments in systemic reflecting processes, mentalisation and self-reflexivity, non-conscious relational responding and theories of trauma and affect regulation. We have tried, in turn, to pay attention to the supervisory needs

of training, novice and experienced practitioners, and to the supervisory needs of the supervisors themselves. While there are many areas of family therapy supervision practice not specifically referred to in this book, we believe that supervisors will find here a rich pool of supervisory perspectives applicable in their own unique areas of supervision practice.

Oslo, Norway

Arlene Vetere
Jim Sheehan

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Halvor de Flon trained as a nurse in 1986 and in 2007 completed his master's training in systemic psychotherapy. He has a long experience of working therapeutically with individuals, couples and families where addiction is of concern. He has worked as a team leader in child and adolescent psychiatry services in Norway. Now he is associate professor at VID Scientific University, Oslo.

Gudmund Fossli trained as a Clinical Social Worker with an Advanced Degree in Family Therapy and Supervision education. His work experience has included social services, child protection services, psychiatric institutions and public and private family therapy services. Gudmund Fossli has practised as a supervisor, teacher, trainer, manager and as a family and couples therapist for 30 years. For 20 years he worked in private practice as a consultant in training and supervision for public services in various contexts. From 2011 he has been engaged in Modum Bad psychiatric hospital's unit for family treatment as a therapist, leader and supervisor. His publications include “*Bruk av ulike veiledningsmetoder i sosialtjenesten*” by Fossli, K. and Olsen, L.E.: ch. 8 in “*Faglig veiledning i sosialt arbeid*” Ed. By Strømfors, G. og Vindegg, J. Kommuneforlaget Oslo 2001; and “*Utpøving av systematisk tilbakemelding i par- og familierapi - Barrierer og utfordringer*” by Terje Tilden, Åshild Tellefsen Håland, Knut Hunnes, Gudmund Fossli, and Camilla Jensen Oanes in *Fokus på Familien*, 04/2015.

Tone Grøver is an educated sociologist (mag.art), holds a master's degree in family therapy and systemic practice and has further education in narrative psychotherapy.

She teaches family therapy at VID University of Science, Oslo, in addition to being a therapist, supervisor and researcher. She has also published fiction.

Per Jensen is professor at the Master's Programme in Family Therapy and Systemic Practice at VID Specialized University, Oslo, Norway. There, he has been teaching and supervising the family therapy programme for 26 years. He has written several textbooks and articles in the field of family therapy, psychotherapy and mental health. His latest textbook is *Between the Words: Communication in Professional Practice*, with Inger Ulleberg (2011). He has also written a chapter called: *Mind the Map: Circular processes between the therapist, the client, and the therapist's personal life*, in Peter Stratton and Arlene Vetere's edited book: *Interacting Selves: Systemic solutions for personal and professional development in counselling and psychotherapy*, published by Routledge in 2016.

Hans Christian Michaelsen has a Master of Arts (Literature, Languages, Psychology, Medicine) and a Master's in Family Therapy and Systemic Practice. At present, he is assistant professor at VID Specialized University, Oslo. Previously he worked in a Psychiatric Institution for Adolescents and Families and was director for the LEON Federation for Addictive Behaviour and Family Therapy. Hans Christian Michaelsen has practised as a supervisor, teacher, trainer, manager and as a family and couples therapist for 30 years. He has worked in contexts such as child protection services, hospitals, human relations and in areas of intercultural communication. He is a Board Member of EFTA (European Family Therapy Association). He was editor of the Nordic Family Therapy Journal *Fokus på Familien*, 2011–2014.

Siv Merete Myra is assistant professor at VID Specialized University, Oslo, and a Ph.D. candidate at the Norwegian Centre for Addiction Research, University of Oslo. She teaches at the Faculty of social work in systemic practice and family therapy and has been working for 25 years in the addiction field. She supervises therapists in the field of addiction and family therapy. Her primary interest is children and families living with substance abuse disorder and the prevention of intergenerational transference. Her research is related to pregnant substance abusing women in compulsory and voluntary treatment settings in Norway.

Anne Kyong Sook Øfsti has been an associate professor at VID Specialized University, Oslo, Norway, since 2000. She completed her dissertation in 2008 with the Tavistock Centre, London, and University of East London: "Some Call it Love. Exploring Norwegian Therapists Discourses about Love and Intimacy". Anne Øfsti practises at a Family Therapy Guidance Centre in Oslo. She has edited the Scandinavian Journal: *Fokus på familien*. She published her first novel in 2014. Anne Øfsti has a long and varied experience of writing, training, supervision and therapy.

Jim Sheehan is professor of family therapy and systemic practice at the VID Specialist University, Oslo, Norway. He was Director of Family Therapy Training for University College Dublin at the Mater Misericordiae Hospital from 1987 to

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Inger Ulleberg is associate professor at Oslo and Akershus University College of Applied Sciences, teaching pedagogy and supervision. She has been editor of the leading Nordic journal of systemic thinking and practice: *Focus on the Family. Nordic Journal for Family and Relational Work (Fokus på familien. Nordisk tidsskrift for familie- og relasjonsarbeid)*. She is the author of the book *Communication and Supervision (Kommunikasjon og veiledning, 2014)*, an introduction to Gregory Bateson's communication theory with stories from supervision practice. With Per Jensen she has written *Between the Words: Communication in Professional Practice (Mellom ordene. Kommunikasjon i profesjonell praksis, 2011)*.

Anne Hedvig Vedeler is an assistant professor at VID Specialized College in Oslo, Norway, where she is the director of its ICCP. The ICCP is a Certificate Programme in Collaborative and Dialogical Practices, run in collaboration with Harlene Anderson and the Houston Galveston Institute. Anne Hedvig has her own private practice called *Dialogical Practice*, offering therapy, consultation, coaching, supervision and teaching. Her doctoral thesis "Diving into the Poetic Movements" explored how a belief in fluidity and complexity enables professionals to contribute to a space in different contexts which welcomes the freedom of a kind of *orientation* which is open towards situated, novel, emerging and provisional understanding.

Arlene Vetere is professor of family therapy and systemic practice at VID Specialized University, Oslo; visiting professor of clinical psychology at Università degli Studi di Bergamo, Italy; and associate professor of family studies at Malta University. Arlene is a registered systemic psychotherapist and supervisor and a clinical psychologist and supervisor in the United Kingdom where she lives and practises. Arlene has published extensively on the topics of safe therapeutic work with violence in the family and on attachment narrative work in systemic practice.