



Soul Power

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BACP 'Working with Soul in Supervision' Conference

Newcastle-upon-Tyne

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Aims for the session

- To explore what 'supervision with soul' looks and feels like
- To explore possible links between soulful supervision, growth in therapy and collective evolution
- Identify what gets in the way of soulful supervision and explore ways to address this within ourselves
- Explore how we might connect more with our 'self' to increase our connection with others
- Identify how we cultivate the right conditions for more 'soulful supervision' – both as a supervisor and supervisee



What do we mean by supervision with soul?

What does it look like?

What does it feel like?



Image downloaded from: <http://www.enbonesmans.com/bones-mans-curso-maestria-sekhem-seichim-reiki-egipcio-13-14-enero-informate/>

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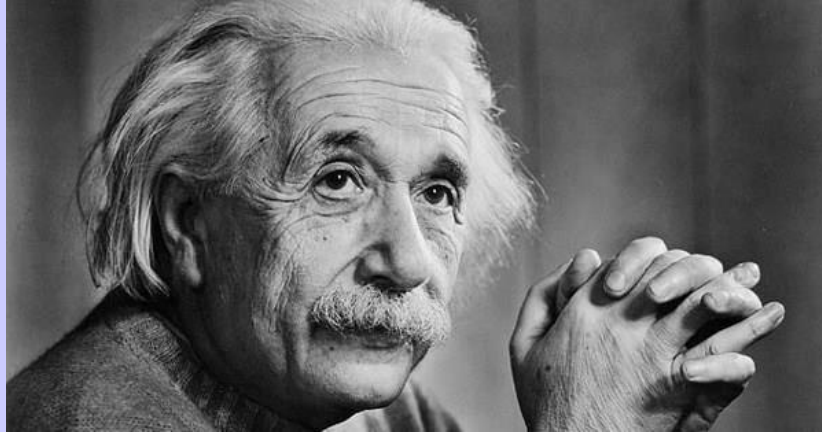


**How might soulful
supervision, growth in
therapy and collective
evolution be linked?**



https://www.youtube.com/watch?v=PlZMpb_1hbl&index=32&list=PL8XTK_dYVIGkVqcoXh-72tRqh4HAXPOUR

"A human being is part of the whole, called by us the 'universe', a part limited in time and space. He experiences himself, his thoughts and his feelings, as something separated from the rest, a kind of optical illusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free to ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."



Albert Einstein



“We are beginning to see the entire universe as a holographically interlinked network of energy and information, organically whole and self referential at all scales of its existence. We, and all things in the universe, are non-locally connected with each other and with all other things in ways that are unfettered by the hitherto known limitations of space and time.” ~ ERVIN LASZLO



*'Love is the only way to grasp
another human being in the
innermost core of his personality.
No one can become fully aware
of the very essence of another
human being unless he loves
him'*

(Frankl, 2004: 116)



Evil



You fool



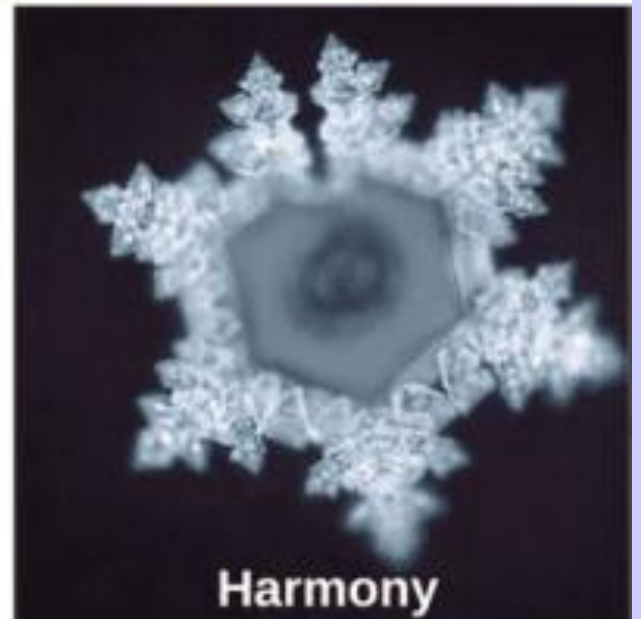
You disgust me



Thank You



Love and Gratitude



Harmony

What gets in the way of soulful supervision?






Search ID: tcn510
Gerald sensed that more than just his reputation
was riding on the success of the presentation.



"The soul is like a wild animal... whilst tough, resilient and resourceful, savvy and self-sufficient ...it is also shy ...and will only come out when it is safe to do so..."

(Palmer, 2008: 58)



'Fear can sometimes pose as anxiety, anger, shame, preoccupation with safety, rigid adherence to beliefs, rules and procedures. These are defences that are rarely useful and keep us separated'

'We have very deep needs to connect and fear gets in our way. It is the biggest block to intimacy and communication. If we can manage intimacy, and the fears around it in supervision, then this will pass on to our supervisees and our (and their) clients'

(Shohet, 2007)

Supervision - an impossible task?

Tasks of the Supervisor:

- **Create the learning relationship**
- **Teach**
- **Counsel**
- **Monitor professional and ethical issues**
- **Evaluate**
- **Consult**
- **Administrate**

(Carroll, 1996)

Supervision Functions:



(Inskipp & Proctor, 1993)

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'What energies do we evoke when we formulate supervision in these ways?'

'.... The search for 'super-vision'...risks dehydrating and rigidifying the relationships between counsellor and client, counsellor and supervisor. This is especially likely to occur in the context of an ethical dilemma, with all its potential for 'getting it wrong''

'.... in our anxiety to do the right thing, we risk a loss of creativity, both in the practice of supervision and, in parallel, within the therapeutic relationship'

(Marshall, 2016)





'.....experienced counsellors attribute meaning and impact in supervision primarily through the relationship they had with their supervisor. A particular type of relationship was articulated, and based on the core conditions.....'

'In particular, participants expressed a preference for egalitarian and non-hierarchical relationship in supervision. Safe supervision affords a space which can facilitate a range of important functions: self-care; restorative; therapeutic; personal development; compassion, and at times love; and, finally, can be free of unhelpful power dynamics'

(Hobman, 2018)



'Who you are, is how you supervise....' alongside our training and professional experience, our knowledge, understanding, skills and theoretical approach 'is the personhood of the practitioner – our humanity matters as does our maturity, our open heartedness and our generosity of spirit'

(Murdoch & Arnold, 2013: xxvii)

The Vicious Cycle of Distraction







"The most exciting breakthroughs in the twenty first century will not occur because of technology but because of an expanding concept of what it means to be human"

(Naisbitt, 2014)



Soul perception and *super-vision*

'Soul perception invites receptivity to positive dimensions of non-ordinary experience, a sense of connection within self and with others that is often hopeful, enlivening, comforting and beneficent'

(Kelcourse, 2013)

Self-care or Soul-care?



Taken from Dunnett, A. et. al. (2013) *Getting the Most From Supervision: a guide for counsellors and psychotherapists*. London: Palgrave

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My soul, where are you?
Do you hear me?
I speak.
I call you—
are you there?

Carl Jung
Red Book



Who am I?

**How can I connect more with
my true self?**

What helps?

What blocks?



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The 'Seven Ways' Typology Model



(Assagioli, 2007 & Parfitt, 2006)



- Many counsellors/supervisors have reported feeling affected by their clients/supervisees on an emotional and physical level e.g. feeling lethargic, highly strung, headaches, heaviness in the body etc. (Jesper, 2008:12)
- Are these transpersonal energies that we are absorbing?
- *'There are many ways of organising psychic protection for the sometimes very dirty work that we do'* (Clarkson, 2002: 128)

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

(Williamson, 1996)



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