

Expressive/Analytic Group Supervision

DR. ROBERT IRWIN WOLF, PRESIDENT OF THE INSTITUTE FOR EXPRESSIVE ANALYSIS
PROFESSOR OF GRADUATE ART THERAPY, THE COLLEGE OF NEW ROCHELLE
INDEPENDENT PRACTICE, NYC

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WWW.ROBERTIRWINWOLF.COM

RWOLFNYC@GMAIL.COM



Say hello to your
neighbors!



THIS ACTIVATES THE SOCIAL PARTS OF YOUR
BRAIN THAT ENCOURAGE REDUCTION OF
ANXIETY AND FOSTER SENSE OF SAFETY
WITHIN A COMMUNITY

INTRODUCTION -1

WHY IS EXPRESSIVE/ANALYTIC PROCESSING HELPFUL IN SUPERVISION?

- CHALLENGING PATIENTS TRIGGER ANXIETY IN THE THERAPIST
- ANXIETY TRIGGERS BRAIN FUNCTIONS THAT DIMINISH COGNITION
- IMPLICIT/UNCONSCIOUS MATERIAL SEEKS EXTERNALIZATION
- ACTIVATION OF SENSORY MOTOR PROCESSES
- NON-VERBAL EXPRESSIVE PROCESSES BECOME CENTRAL MODES OF COMMUNICATION

INTRODUCTION -2

WHY IS GROUP PROCESS HELPFUL IN SUPERVISION?

- WE ARE SOCIAL ANIMALS
- WE HAVE EVOLVED TO SEEK SAFETY WITHIN THE GROUP (TRIBE)
- ANXIETY TRIGGERS THE NEED FOR SAFETY AND SECURITY

Choose a challenging client

VOLUNTEER THERAPIST WILL:

- VERBALLY DESCRIBE THEIR CLIENT
- WALK INTO THE ROOM AS THE CLIENT
- TALK LIKE THE CLIENT
- THINK OF WORDS TO A SONG WHILE THINKING ABOUT THE CLIENT
- IDENTIFY ANY SMELL THAT COME TO MIND WHILE THINKING OF THE CLIENT

THERAPIST AND GROUP WILL:

1-DRAW THE CLIENT

2-DRAW THE THERAPIST WORKING/INTERACTING WITH THIS CLIENT

Processing artwork

GROUP WILL:

-RESPOND TO THERAPIST'S AND EACH OTHERS DRAWINGS AS...

“IF THIS WAS MY DRAWING IT WOULD BE ABOUT...”

Other Creative Processes

-ROLE PLAY THE THERAPIST AND PATIENT

-GUIDED IMAGERY EXERCISE:

MEET THIS PATIENT IN A PLACE THAT IS FAMILIAR TO YOU

Summary Discussion

WHAT HAVE WE LEARNED?