



Sensory/Motor Expressive/Analytic Group Supervision

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Let's take a moment to introduce
ourselves to each other...



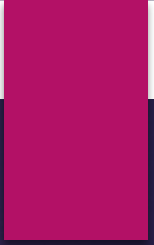
THIS ACTIVATES THE SOCIAL PARTS OF YOUR
BRAIN THAT ENCOURAGE REDUCTION OF
ANXIETY AND FOSTERS A PRIMAL SENSE OF
SAFETY AND SECURITY WITHIN A
COMMUNITY (TRIBE)

Why is Expressive/Analytic or Sensory/Motor Processing Helpful In Clinical Supervision?

- CHALLENGING PATIENTS TRIGGER ANXIETY IN THE THERAPIST
- ANXIETY TRIGGERS PRIMITIVE BRAIN FUNCTIONS THAT DIMINISH COGNITION, REFLECTION AND REASON
- IMPLICIT/UNCONSCIOUS MATERIAL SEEKS EXPRESSION AND ACTIVATES SENSORY MOTOR PROCESSES
- NON-VERBAL EXPRESSIVE PROCESSES BECOME THE CENTRAL MODE OF COMMUNICATION

Why is Group Processing Helpful In Supervision?

- WE ARE SOCIAL ANIMALS
- WE HAVE EVOLVED TO SEEK SAFETY WITHIN THE GROUP (TRIBE)
- CHALLENGING CLIENTS OFTEN CREATE COUNTERTRANSFERENCE IN THE THERAPIST WHICH MAY THEN TRIGGER A NEED FOR SAFETY AND SECURITY WITHIN A GROUP
- A SENSE OF SAFETY AND SECURITY IS NECESSARY TO ENABLE ESSENTIAL BRAIN FUNCTIONING: ACCESS TO REFLECTION, REASONING, THEORETICAL AND CONTEXTUAL UNDERSTANDING



Choose a Challenging Client. You may then introduce this client to our group by using any of the following methods

-WALK INTO THE ROOM AS YOUR CLIENT

-VERBALLY DESCRIBE YOUR CLIENT

-TALK LIKE YOUR CLIENT

-THINK OF A SONG WHILE THINKING ABOUT YOUR CLIENT

-IDENTIFY ANY SMELL THAT COME TO MIND WHILE THINKING OF YOUR CLIENT

-DESCRIBE ANY BODILY SENSATIONS WHILE THINKING ABOUT YOUR CLIENT

-THINK ABOUT FOOD THAT REMINDS YOU OF YOUR CLIENT



YOU MAY NOW PRESENT YOUR CLIENT IN A MORE TRADITIONAL MANNER:

REASON FOR REFERRAL

FAMILY HISTORY

ACTING OUT ISSUES

CLIENT ARTWORK

SESSION NOTES... ETC

Creating Visual Artwork

THERAPIST AND GROUP WILL NOW:

1-DRAW THE CLIENT

2-DRAW THE THERAPIST WORKING/INTERACTING WITH THIS CLIENT

Processing artwork

THE GROUP WILL:

-RESPOND TO THERAPIST'S AND EACH OTHERS DRAWINGS
IN THIS FORMAT...

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

Other Creative Processes that we may use

-ROLE PLAY THE THERAPIST AND PATIENT

-GUIDED IMAGERY EXERCISE: