Expressive/Analytic Group Supervision

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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
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.
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?