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Workshop title:
The art of supervision - an artistic and narrative approach

Duration: 2x 1h 45 min

Goal of the workshop:
The workshop demonstrates how we can train ourselves to see and read complex situations and talk more authentically. Wants to activate and explore the artistic in everyone: the expressions, talents, and ideas they are not (yet) using.

Concept:
My point is that there is a difference between using certain creative tools and having a broader artistic approach. In the same way that there are differences in engaging in storytelling and having a narrative approach. Narrative thinking includes we are all multi-storied and have the necessary skills and knowledge already to deal with life, but that these qualities might need to be activated. In the narrative approach the position of a supervisor is decentralized but influential, leaning backwards when it comes to interpretation and forward when it comes to structure.

The artistic point is that we all have more experiences, personal talents, colours and expressions than those we use, and these can be activated through active participation in contexts where we are freely and safely allowed to experiment, challenge and involve ourselves with our whole being.

If we keep our traditional arrangements, our prejudices and norms are often reproduced. In new arrangements new insights can be achieved. It's time to add more aesthetics, dance, art, music, and creative formats to the profession.

Learning outcome:
The approach was developed in a desire to liberate, empower and bring to life each person's unique personality, richness of colour and co-creative ability. Examples are given of how the view of the supervisor as an artistic leader affects the supervision. How artistic approaches and a narrative focus create a particular structure that allows clients to get their own words, knowledge, and insights.

Profile
Elisabet Wollsn is a licensed psychologist, licensed psychotherapist, individual, couple and family therapist, supervisor, meta-supervisor, educator and researcher. Clinical working since 1976 and in her own practice since 1983.
Her approach is largely influenced by systemic, narrative and artistic ideas and own experience as an oil painter and forms the basis of all the work she does and how she lives her life.
She is also familiar with psychodrama, as a director and participant. Until today she has supervised/trained and worked with about 200 groups and seen many families, couples and individuals. Retired mostly from the daily work as a supervisor, she writes books, joins international online groups weekly with colleagues from around the world and presents her work at international and national conferences since 2007.