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**Workshop title:**

„WHO AM I? - drawing the 5 Columns of Identity as supervisors as a basis for working with client`s identity”

**Duration:** 2x 1:45’

**Goal of the workshop:**

Improving supervisors competence in:

- 1) working with client`s identity
- 2) the use of creative media in supervision

**Concept:**

This workshop has a threefold purpose:

1. Improving the participants’ competence in working with client`s identity
2. Experiencing the use of creative media in supervision
3. Getting familiar with the theory of the „5 Columns of Identity” from Integrative therapy (Hilarion Petzold, 1982, 2004, 2008)

In the first half of the workshop participants will learn about the „5 Columns of Identity” and get an introduction on drawing as a creative method. Then each participant will prepare a drawing their own „5 Columns of Identity”. After the break we will work in reflective groups to have a deeper level of understanding about your own professional identity, and to gain a first-hand experience about working with drawings in a group supervision setup. At the end of the session, we will also talk about how your current experience can be transferred into your own supervision practice.

NB: You do NOT need any drawing skills to join this workshop and benefit from it.

**Learning outcome**

- A clearer understanding of each participants identity to feel safer in living in an incomprehensible world.
- Increased awareness and knowledge of the participants’ identity in their professional role.
- Gaining knowledge on the use of drawing in supervision.

**Profile**

Magritt Lundestad is a professor at Faculty of Education and International studies, Department of Early Childhood Education, Oslo Metropolitan University, since 1997. In her work as a professor, she teaches master-students about leadership, supervision, and organizational development. Magritt also poses an Integrative therapist/supervisor (2009) degree of the Europäische Akademie für Psychosoziale Gesundheit (EAG), Tyskland. In her teaching she introduces the theory and methods from integrative therapy and leads workshops in supervision. She is passionate about Integrative Supervision. She likes to use theories (e.g.: the 5 Columns of Identity by Hilarion Petzold) supporting her work. She also believes that working with creative media brings in a different level of information about ourselves,

contributes to a deeper understanding of the identity through getting in contact with the unconscious and feelings in ourselves.