

Creative Interventions Clearinghouse

Creative Supervision: The Wisdom Jar

Gulnora Hundley & Montserrat Casado-kehoe

University of Central Florida

Purpose:

The purpose of this creative intervention is to encourage supervisees to explore creative forms of expression, to reflect on their own experiences, and to connect with their peers and supervisors at termination of supervision.

Materials Needed:

Heart shaped glass jars, yellow and green sand, small stones, marbles, shells, and small craft butterflies (all of these should be available in local craft stores), glue. Different colored sand and differently shaped jars can be substituted if desired.

Procedures:

The supervisor can choose to assemble the Wisdom Jar ahead of time, or have their supervisees assemble the jars themselves.

Pour a bottom layer of yellow sand into the jar – this symbolizes undiscovered wisdom.

Pour a layer on green sand on top of the yellow sand – this symbolizes the new counselor.

Place a layer of stones on top of the green sand – this symbolizes skills that the supervisee has begun to master.

Place a layer of marbles on top of the stones – this symbolizes lessons learned.

Place a layer of shells on top of marbles – this symbolizes the need for patience and authenticity.

Seal the jar by corking the neck, and glue or pin a small butterfly onto the cork – this symbolizes rebirth, transformation, and flight.

After a jar has been created for each supervisee, the supervisor and supervisees discusses the symbolic meaning of the activity and elements included, and take time to reflect on the termination process. Supervisees discuss how these symbols reflect their own growth as new professionals.

Process Questions and Follow-Up:

None

Practice Setting:

Counselor Education

For full article and case examples, please see Hundley, G., & Casado-keho, M. (2007). The wisdom jar. *Journal of Creativity in Mental Health*, 2(2), 33-38
