Creativity in Supervision: Bibliosupervision

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Purpose:
The purpose of this creative intervention is to develop a relationship with the supervisee, assess supervisee ability to understand and process themes and care for their own needs in supervision, and aid in learning new strategies for coping with the challenges of counseling.

Materials Needed:
A collection of children’s literature (or access to such a collection). Cinema, television, music, art, or poems can also be substituted.

Procedures:
The supervisor chooses a book that may have comparable themes to the supervisee’s current situation. After reading the story, ask:

- What is the story about?
- What are important details did you notice in the story?
- What are the characters thinking or feeling? Why?
- What themes do you see reappearing throughout the story?
- How do you think this story relates to your experiences with counseling and clients?
- What main point do you take away from this story?
- What part of this story is most relevant to you, and why?

Process Questions and Follow-Up
Discuss the story in a way that facilitates awareness of various issues that may present during counseling training, and develop action plans to guide the supervisee’s progress.

Practice Setting:
Counselor Education