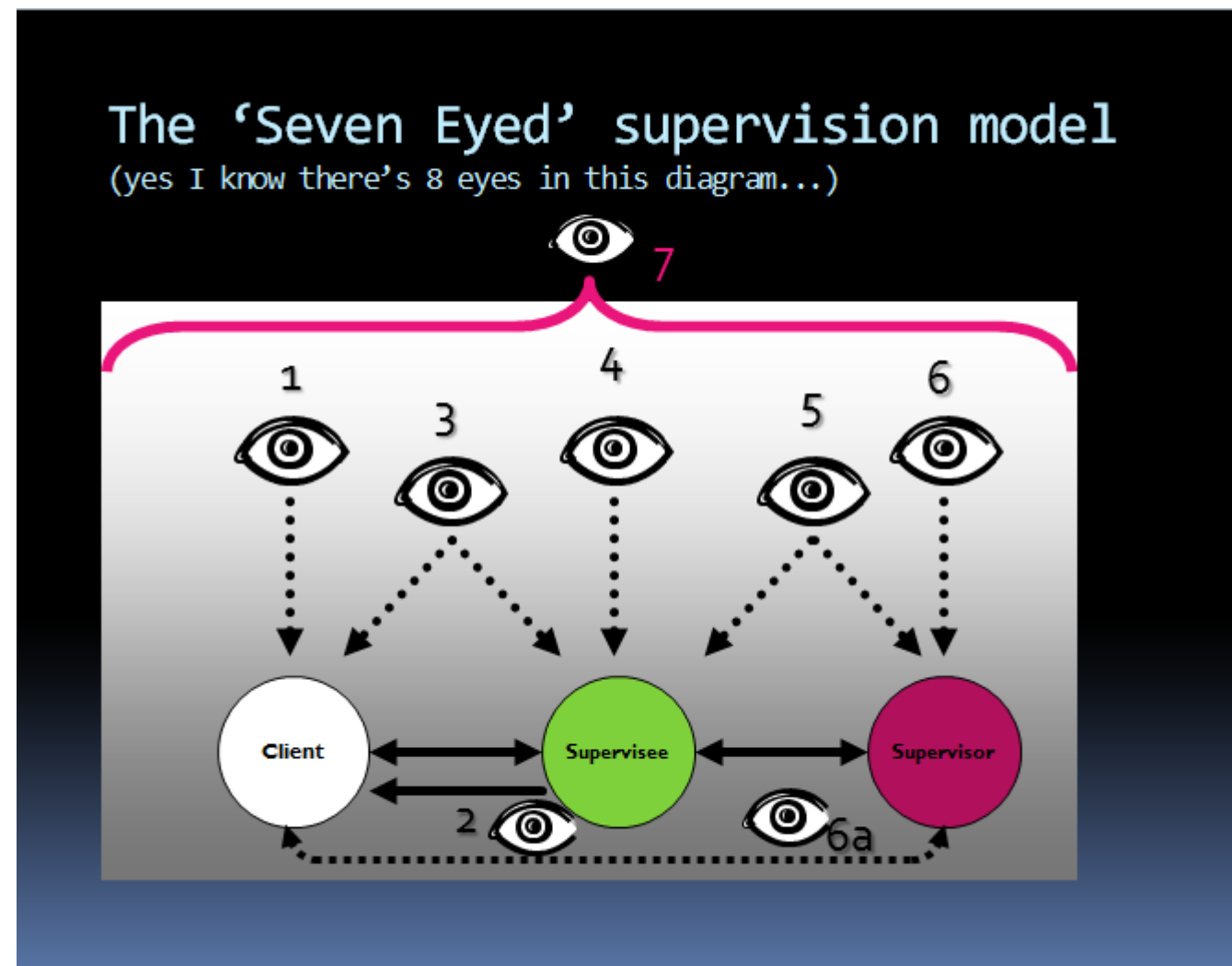



# Clinical Supervision: The Seven Eyed Model

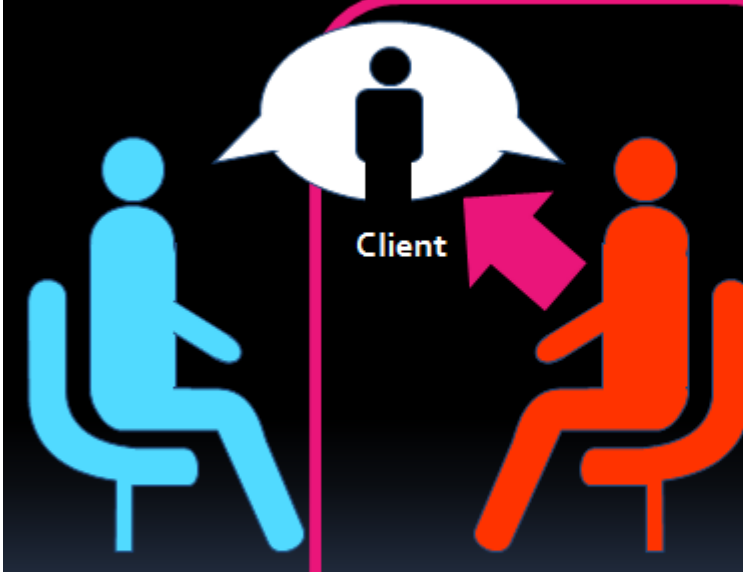


**Eye 1: Focus on the client**



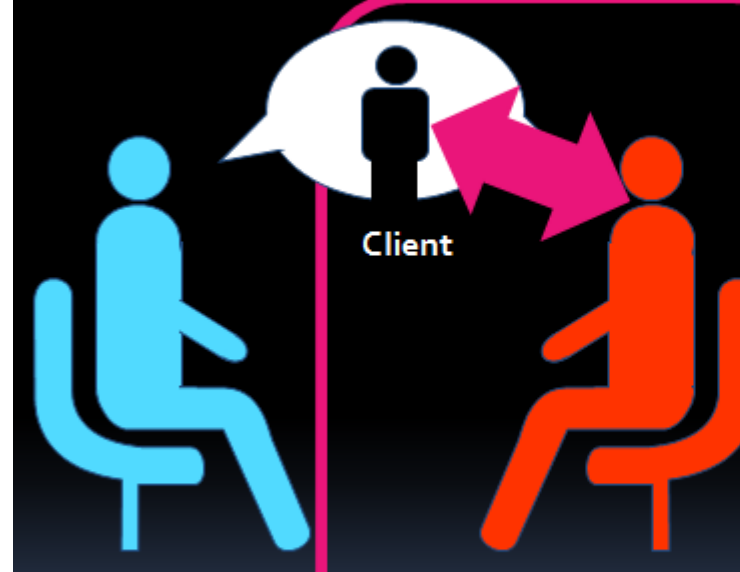
- Supervisee's description of the client:
  - Look
  - Movement
  - Posture
  - Voice
  - Breathing
  - Gesture
  - Use of language
- Purpose is NOT to understand the client or their 'problem' but to keep the client 'present' in the supervision session as a person rather than a problem or a task.

**Eye 2: Focus on the intervention**



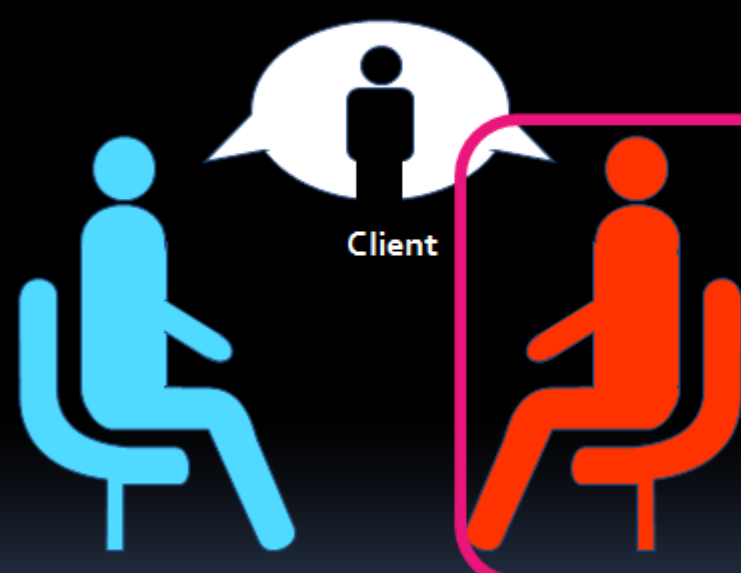
- What interventions have you used?
- What were your reasons for choosing them?
- Where are your interventions leading you?
- Types of intervention include **prescription, informing, confrontation, catharsis, catalysis, supporting.**
- Look for 'either-or' solutions suggested by the supervisee
- Brainstorm different options without evaluating them (go wild)
- Don't necessarily OFFER an intervention!

**Eye 3: Focus on the client-supervisee relationship**



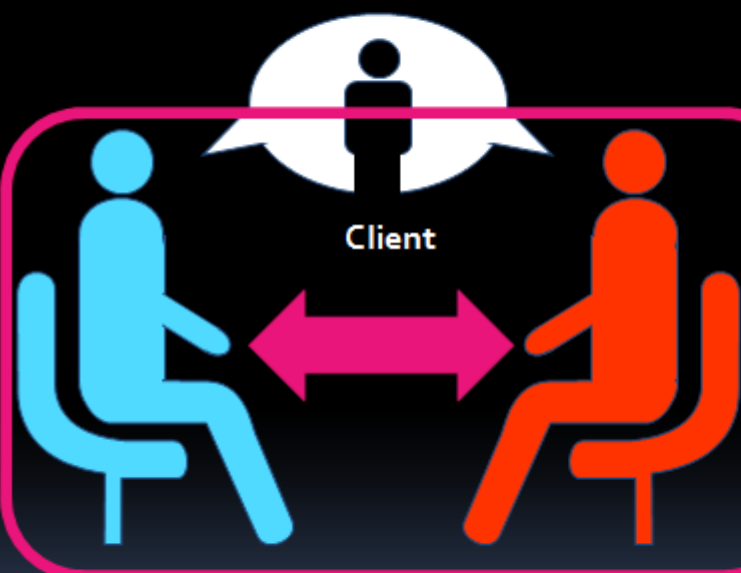
- The supervisor focuses on the perspectives of BOTH people
- What is the system that the supervisee and the client create together?
- Find an image or metaphor to represent the relationship
- Imagine the sort of relationship you would have in different circumstances
- If you were a fly on the wall looking at your last appointment, what would you notice?
- Client transference onto the supervisee
- Supervisee countertransference onto the client

**Eye 4: Focus on the supervisee**



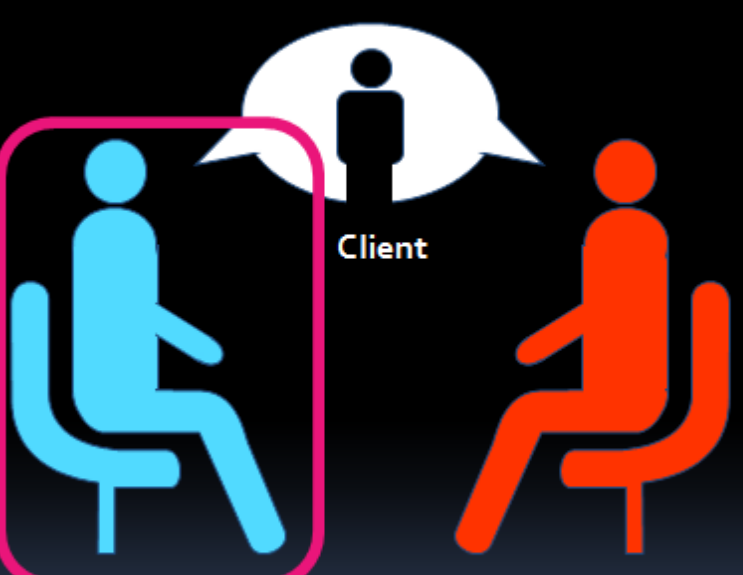
- How is the supervisee affected, internally (especially EMOTIONALLY) by the client?
- Does the relationship with the client remind the supervisee of ANOTHER relationship?
- How does the supervisee respond to the 'role' imposed by the client on them?
- Does the supervisee want the client to change for their own sake rather than the client's?

**Eye 5: Focus on the supervisor-supervisee relationship**



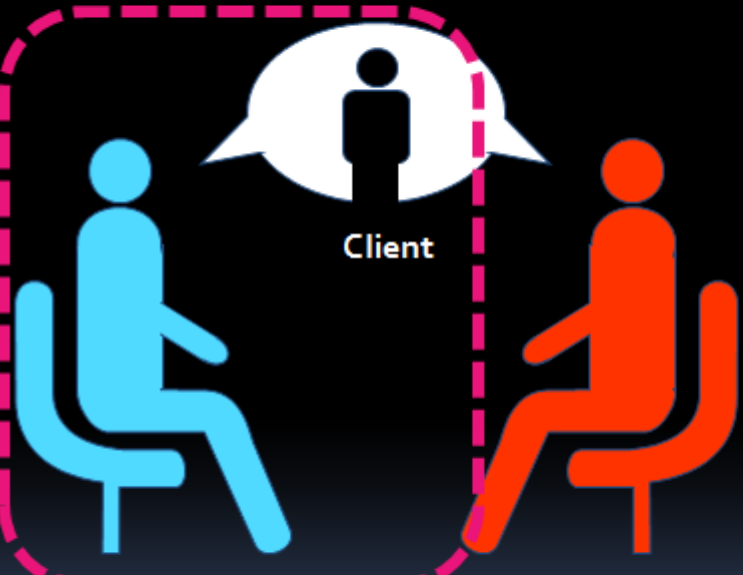
- PARALLEL PROCESSES: looking for ways in which the supervisor-supervisee relationship resembles the client-supervisee relationship.
- In a parallel process, the supervisee acts like the client, and the supervisor acts like the supervisee does.
- e.g. The supervisee withholds feelings from the supervisor like the client does; or responds negatively to support or advice like the client does.
- Supervisor-supervisee relationships may also be played out between the supervisee and the client!

**Eye 6: Focus on the supervisor's processes (self)**




- Noticing sudden changes that 'come over us' such as boredom, fatigue, interest, annoyance, fear.
- Images that spring into mind.
- Reflectiveness: knowing one's internal states well enough to know whether this feeling is coming from this experience or another one outside the supervisor-supervisee relationship.
- Does the response reflect basic feelings about the supervisee, or about the material they are discussing?

**Eye 6a: Focus on the supervisor's 'fantasy relationship' with the client**



- Noticing feelings about the client – especially ones that are at odds with the ones of the supervisee (e.g. Supervisor is sympathetic, supervisee is irritated)
- Any relationship 'triangle' tends to oust one of the three – i.e. there may be rivalry.
- Explore whether some aspect of the client-supervisee relationship is being denied and experienced by the supervisor.

**Eye 7: Focus on the wider context**



- Client context: their background, family, reasons for seeking help now
- Professional and organizational context of the supervisee: e.g. Professional traditions and standards, current thinking.
- Context of supervisee-client relationship: how did they come to see this client? On whose advice?
- Context of the supervisory relationship: previous experiences of supervision; professional differences; demographic differences; power differences.
- Supervisor context: supervisor's recognition of biases, stereotypes, personality style – and how this might affect the relationship

Having been trained as trainers in the 7 eyed model---a group of Clinical Psychologists and an Occupational Therapist have recently piloted the first cohort of trainees with excellent feedback.

The emphasis is on **Clinical Supervision** rather than managerial supervision.

## What makes the 7 eyed model of supervision different?

A focus on:

- Appreciation---it is not a deficit model.
- Being fully present in a mindful sense in the supervision
- Active listening and demonstrating to trainees how this can be done.
- Respect towards the supervisee, the client and the supervisor.
- Being authentic.