

## SESSION SUPERVISION

© GATLA

Name: \_\_\_\_\_

Supervisor: \_\_\_\_\_

- Quality of Contact
  - Presence
  - Inclusion
  - Commitment
  - Use of own feeling
  - Use of own experience
  - Able to engage in I-Thou mode
  - Appropriately I-It
- Phenomenology
  - Identifies client Figure
  - Tracks client Figure
  - Identifies point of interruption
  - Brings process of interruption to awareness
  - Ability to facilitate awareness
- Attention to process
  - Able to articulate what occurs
  - Able to articulate how system functions
  - Clear about relationship of figure and aspects of ground
- Boundary Issues
  - Identifies Confluence
  - Identifies Introjection
  - Identifies Retroflection
  - Identifies Projection
  - Identifies Deflection
- Use of Body
  - Awareness of own body
  - Use of client body language
  - Use of own body
  - Appropriate use of touch
- Field
  - Awareness of client Field
  - Use of personal history
  - Use of Field history
  - Use of current Field
  - Attention to Field warps
- Group Process
  - Able to identify paradox
  - Able to include and name paradox
  - Sensitive to group needs

## SESSION SUPERVISION

© GATLA

## WORKING WITH COUPLES

Name: \_\_\_\_\_

Supervisor: \_\_\_\_\_

- Setting Process
  - What is wanted (2<sup>nd</sup> assume 1<sup>st</sup>)
  - Address each other as much as possible
  - "No" is ok
- Identifies personal Gestalt Formation  
Resolution Interruption
- Identifies interruptions of relating cycle
  - Contact

↓                      ↓

↑                      ↑

Withdrawal    Intimacy

↓                      ↓

↑                      ↑

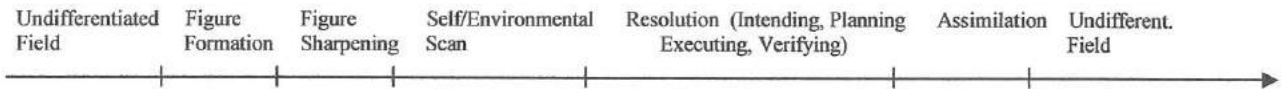
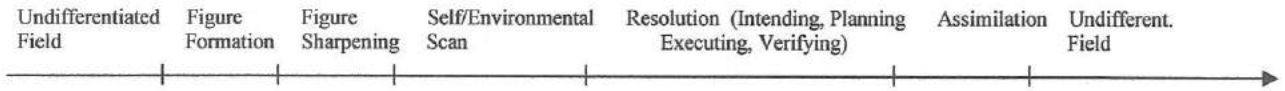
Isolation      Confluence
- Identifies/tracks relational process
- Encourages awareness vs. explanation
- Keeps communication directed to target
- Stays with next step
- Tracks owning vs. blaming
- Appropriate use of reflection
- Picks NITS

**GESTALT CASE FORMULATION, DIAGNOSIS, & TREATMENT PLANNING  
LLU/GATLA**

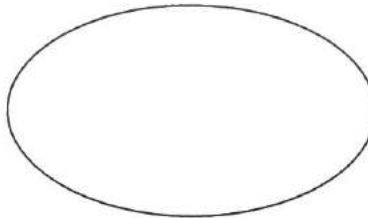
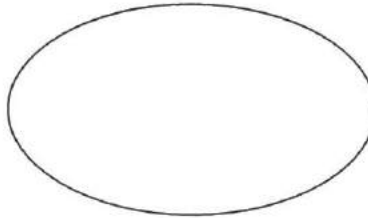
©

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

1. Identify point(s) and method(s) of interruption on the Gestalt Formation and Resolution continuum.



2. How does figure and ground typically get configured? How does it change under stress?



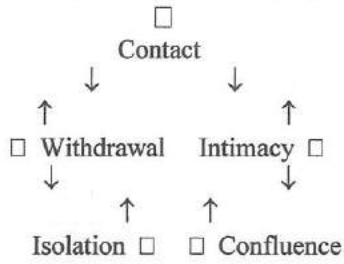
3. How does this person typically make contact?

- |                                       |   |   |
|---------------------------------------|---|---|
| <input type="checkbox"/> Confluent    | <input type="checkbox"/> Deflects           | <input type="checkbox"/> Direct and clear |
| <input type="checkbox"/> Introjection | <input type="checkbox"/> Retroreflects      |   |
| <input type="checkbox"/> Projects     | <input type="checkbox"/> Reaction Formation |   |

4. How does this person make intimate contact?

- |                                       |   |   |
|---------------------------------------|---|---|
| <input type="checkbox"/> Confluent    | <input type="checkbox"/> Deflects           | <input type="checkbox"/> Direct and clear |
| <input type="checkbox"/> Introjection | <input type="checkbox"/> Retroreflects      |   |
| <input type="checkbox"/> Projects     | <input type="checkbox"/> Reaction Formation |   |

5. Interruptions of Relating Cycle



6. Attachment Style:  Secure       Avoidant       Ambivalent       Disorganized

Attachment Disorder:       No Attachment       Undifferentiated       Exaggerated  
 Inhibited       Aggressive       Role Reversal       Psychosomatic

7. Field Status:

- Field Dependent
- Field Independent
- Give Field its Due?
- Field Status Depends on Authoritarian Position?

Comments on Field Integration:

8. Diagnosis: Axis I \_\_\_\_\_  
 Axis II \_\_\_\_\_  
 Axis III \_\_\_\_\_  
 Axis IV \_\_\_\_\_  
 Axis V \_\_\_\_\_

9. Treatment Goals:  
 Clients Goals:

Clinicians Goals:

Approach to discrepancy:

10. Treatment Plan:

\_\_\_\_\_  
 Signature

\_\_\_\_\_  
 Date



*Ten Commandments for*

**MAINTAINING CONNECTION FOR COUPLES**

ROBERT W. RESNICK, Ph.D.

1. "Two Become One" And Then There Are None!

From a fusion model to a connection model.

Simply put: You can't have a connection unless there are two of you.

2. The Basic Human Dilemma: How to be connected to another, and maintain a self..

"I don't want to be locked in and I don't want to be left out." Everybody has both sides—men a bit more of the former, women a bit more of the latter.

3. Commitment "phobic" men and the women who hound them.

If "I Do" means "I'm Done" then "I Don't." The apparent end of choice. Content commitment vs. process commitment. I can't commit to how I will feel towards you in the future; I can commit to being authentic with you.

4. Dealing with differences vs. differences in dealing.

Process, process, process. The content of difference is not what typically disrupts connection. Almost all couples' problems are rooted in how they deal with differences rather than what the differences are.

5. Differences that make a difference.

"A bird may love a fish but where will they live?"

6. Power Struggles.

If I can't convince you of my point of view, I will be colonized and defined by your point of view. A fight for survival in the mythology of a single reality world.

7. What IS the problem?

What looks like is in the way of solving the problem, IS the problem

8. When you're in Chicago, the only place you can call from is Chicago.

You can only connect to another person when you're willing to come from where you actually are—your primary experience of the moment.

Otherwise, it's just conversation and not connection.

9. Strategic vs. Authentic Relating.

If you don't "show up," you can never know if you're compatible. Postured and managed relationships and marriages are fundamentally flawed: If my relationship only works when I'm not really there, then it defeats the purpose.

10. "Maturity" is doing what you want to do.

*Even if your mother (wife/husband) wants you to!*

[www.TenCommandmentsForCouples.com](http://www.TenCommandmentsForCouples.com)

**From: Ten Commandments for Couples: For Every Aspect of Your Relationship Journey**  
**Zeig, J. and Kulbatski, Tami – Zeig, Tucker & Theisen Publishers, 2012**