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Abstracts

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Papers session 23

Paper number 301 | Oral

What works in supervision? The perspective of supervisors from different psychotherapy paradigms

Neringa Grigutyte¹, Marija Biteniekytė¹, Greta Kaluževičiūtė¹, Marija Vastake¹, Paulius Skruibis¹

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While there is a considerable body of literature on psychological counseling and various psychotherapeutic paradigms and their respective models of supervision, there is a lack of research on understanding what works in supervision. It is essential to identify factors of supervision unique to each paradigm and to determine whether any universal supervision processes are prevalent across various paradigms.

Aim. This study aims to present data revealing 6 different psychotherapeutic paradigms of supervisors' perception of what constitutes effective supervision and what works in supervision.

Methods: 12 semi-structured interviews were conducted with senior supervisors from 6 psychotherapy training programs (psychodynamic, existential, cognitive, Adlerian individual psychotherapy, Jungian analytical, and Gestalt psychotherapy) in Lithuania, two interviews from each paradigm.

The thematic analysis revealed common factors that are important in all supervision, irrespective of the psychotherapeutic paradigm. Although representatives of different paradigms describe what is important in the supervision process using their specific language and emphasizing the particularities of a particular psychotherapy paradigm, the common factors have been identified: the organizational framework of supervision and the supervisory contract; the responsiveness to the supervisee's questions and needs; the working alliance in supervision; etc. The results are discussed in light of the limitations of the study and provide guidelines for further research involving supervisor-supervisee pairs and supervisor-supervisee-client triads.

Paper number 852 | Oral

Exploring supervisor-supervisee dyads in psychodynamic psychotherapy: A qualitative study of supervision dynamics

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Supervision in psychodynamic psychotherapy is vital for fostering therapists' professional development and personal growth. Within this framework, supervision supports supervisees in addressing patients' latent material, unconscious processes, resistances, and (counter)transference dynamics. Despite its importance, much of the existing literature on supervisor-supervisee relationships in psychodynamic psychotherapy remains theoretical. Empirical exploration of how these dynamics unfold and what contributes to effective supervision is therefore essential.

Aim. This study investigates psychodynamic supervision from the perspectives of both supervisors and supervisees, focusing on factors that shape effective supervisory relationships.

Methods. Semi-structured interviews were conducted with six supervisor-supervisee dyads (12 interviews in total) from Lithuanian psychodynamic training programmes.