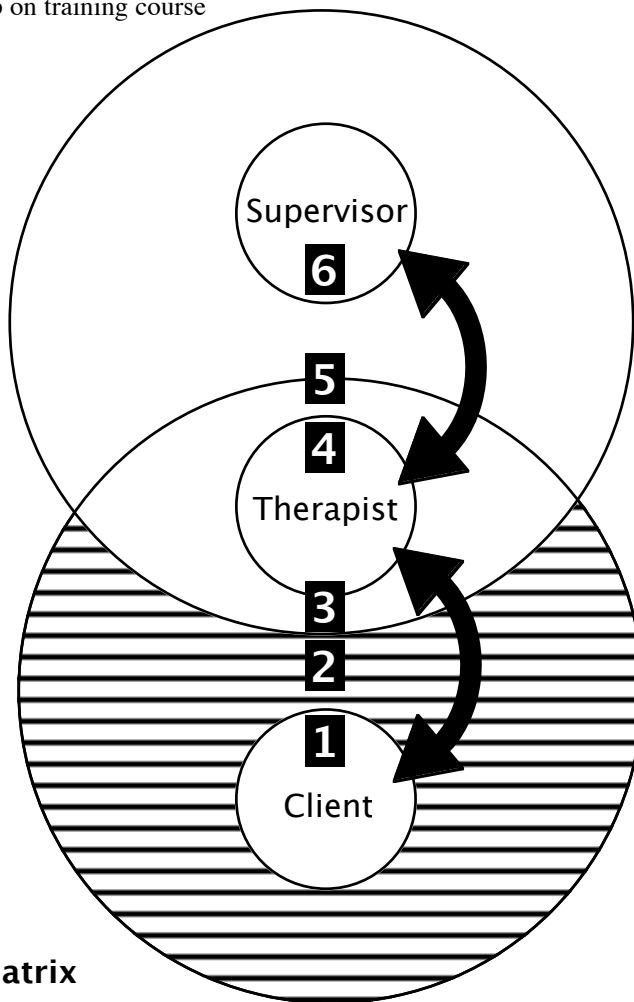


# Hawkins/Shohet model of 'parallel process':

From Hawkins, P. & Shohet, R. "Supervision in the Helping Professions", p. 57

## Supervision Matrix

or , more generally, consultant matrix,  
e.g. tutor group on training course



6. Focus on supervisor's countertransference
5. Focus on supervisor-therapist here-and-now process as a mirror or parallel of therapist-client there-and-then process
4. Focus on therapist's countertransference
  - a. personal material re-stimulated
  - b. transferential role projected onto th.
  - c. th.'s attempt to 'counter' that role
  - d. projected material taken in by th.
3. Exploration of therapy process and client-therapist relationship
2. Exploration of strategies and interventions used by the therapist
1. Reflection on the content of therapy session

## Therapy Matrix

or , more generally, organisation matrix,  
e.g. student group on training course

### 1. Reflection on the content of therapy session

focus on actual phenomena of session; client's presentation and narrative, what and how they share  
=> help th. pay attention to the client, their way of being and behaving *in* the session and *throughout* process, and how their presence in therapy is related to their struggles outside therapy, i.e. in client's life

### 2. Exploration of strategies and interventions used by the therapist

not only what intervention, but also when and why; explore alternative interventions  
=> help th. increase range and flexibility of interventions

### 3. Exploration of therapy process and client-therapist relationship

focus on what happened consciously and unconsciously in client-therapist relationship  
=> help th.'s understanding of the dynamics of therapy relationship

### 4. Focus on therapist's countertransference

concentrate on what is still being carried by the therapist, both consciously and unconsciously (unfinished)

- a. personal material re-stimulated
- b. transferential role projected onto th.
- c. th.'s attempt to 'counter' that role
- d. projected material taken in by th.

### 5. Focus on supervisor-therapist here-and-now process as a mirror or parallel of therapist-client there-and-then process

attending to unconscious dynamics of client-therapist relationship as they are played out unconsciously between therapist and supervisor

### 6. Focus on supervisor's countertransference

helps supervisor attend to unconscious and unreflected dynamics (that cannot be reported, but are enacted)