

Title: Peer Supervision: Embody, enact, encourage (Harris/Toler)

Presenters: David Harris, MTS, MS and Beth Toler, PhD

Description: Focusing on embodied subjectivity, intersubjectivity, and dialectical objectivity for the purpose of supervision and consultation, this workshop explores three interrelated aspects of embodied experience. First, the experience of our own body and the bodily foundations of the self. Second, the embodied basis of intersubjectivity; simulation and imitation of the body states of others. Third, the emergence of a sense of objectivity from reflecting over similarities and differences between one's own state and that of others.

Learning Objectives:

- 1) The overall aim of the workshop is to help participants learn how to enhance the relational competence of their supervisees and advisees.
- 2) Explore how to use miming while differentiating it from caricature.
- 3) Learn this method of consulting (with its emphasis on body awareness) via demonstration and interaction.

Bios: Beth Toler, PhD, is Associate Professor of Clinical Counseling at Moravian Theological Seminary. She first shared the inspiration for this workshop at Kanuga in 2018. David Harris, MTS, MS, is the Founder and Executive Director at Rock Springs Positive Coaching, Caring, and Counseling. He adapted her work into this supervision model and has used it regularly with his counselors, pastoral psychotherapists, clinical social workers, and MFTs. Both are active contributors in APCE's Community of Practice for Spiritually Integrated Practitioners.

Based on the training work of the Norwegian Character Analytic Institute, this session will outline and explore a method of peer supervision that promotes the awareness of and engagement with the embodied relational experience. Non-verbal, embodied ways of presenting and working with cases will be featured and participants will experientially engage the proposed method with the goal of enhancing the relational competence of supervisees.

Learning Objectives:

1. Participants will learn about a method of peer supervision based on the Norwegian Character Analytic Institute.
2. Define and explore three interrelated aspects of embodied experience
3. Participants will actively participate in a method of peer supervision based on non-verbal embodied expressions.