

Changing Supervisor: Two Case Examples

ROSS

Ross has been seeing his supervisor for four years. They get on well and Ross finds that he still takes a great deal from supervision. His supervisor announced during a recent supervision session that he plans to retire and will be stopping all his work during the next six months. Ross is shocked and disappointed, but also understands his supervisor's decision.

ANTOINETTE

Antoinette spent some time originally finding a supervisor in her locality who worked from her particular modality. There were few supervisors around who had the necessary skills and experience and Antoinette was delighted when this current arrangement worked out. However, she has not been entirely happy with supervision and has not felt particularly challenged: generally feeling well supported, but in a way that does not help her push boundaries. She has talked to her supervisor about this but nothing has changed. She feels she must now move on, but is reluctant to begin searching all over again.

QUESTIONS FOR REFLECTION

- 1 How might Ross use the six months he has available with his current supervisor to prepare for the change?
- 2 What are the primary supervisory tasks for Ross and his supervisor?
- 3 What other steps might Antoinette take to help change her supervision experience for the better?
- 4 What are the relative costs and benefits of seeing a supervisor from: a) the same modality as yourself; and b) a different modality?