

# E-N-H-A-N-C-E-S

## A model of clinical supervision for adventure therapy

8th Annual Adventure Therapy Supervision  
Workshop

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## Supervision Ranges Across Six Connected Phases

Explore:

- content of work being done with a client or client group;
- strategies and attempted interventions;
- process of the work - especially the client-supervisee relationship;
- supervisee countertransference;
- the “here-and-now” of supervisor-supervisee relationship as a mirror or parallel reality of the “then-and-there” supervisee-client relationship;
- supervisor countertransference.



## Parallel Process

- **Isomorphism** is the parallel the client–supervisee relationship shares with the supervisee–supervisor relationship.
- Operates in the both directions:
  - the supervisee becomes clear through supervision how to proceed in their session
  - is able to model clarity with the client who, in turn, becomes clear on what action they should take in their life



### C-H-A-N-G-E-S

- **C**ontext
- **H**ypotheses
- **A**ction (which is)
- **N**ovel
- **G**enerating (information)
- **E**valuating
- **S**olutions

### E-N-H-A-N-C-E-S

- Engage
- New
- Hypotheses
- Action
- (which is) Novel
- Co-create
- Evaluate
- for Solutions



## E(ngage)

- **Engage**ment phase, supervisor joins with the supervisee and focuses on three distinct areas:
  1. technical skills,
  2. personal growth,
  3. an atmosphere promoting the *courage to be imperfect*



## N(ovel) H(ypotheses)

- Supervisor explores **New Hypotheses** with the supervisee.
- The process the supervisor uses to generate new hypotheses is the crux of the ENHANCES model.



## A(ction)-N(ovel)

- **Action** or activities is used in the session to explore the hypotheses.
- In the context of supervision, the actions are **Novel** - they help the supervisee see the client's issues (or their own issues) in new ways



## C(o-create)

- Shared action produces a **Co-Created** plan to be carried out with the supervisee's client(s).
- This plan may or may not involve the actions used in the previous stage.
- The actions used in supervision may spark creative juices to co-create a novel way of presenting an activity so that the experience can "speak" to the client



## E(valuate)-S(olutions)

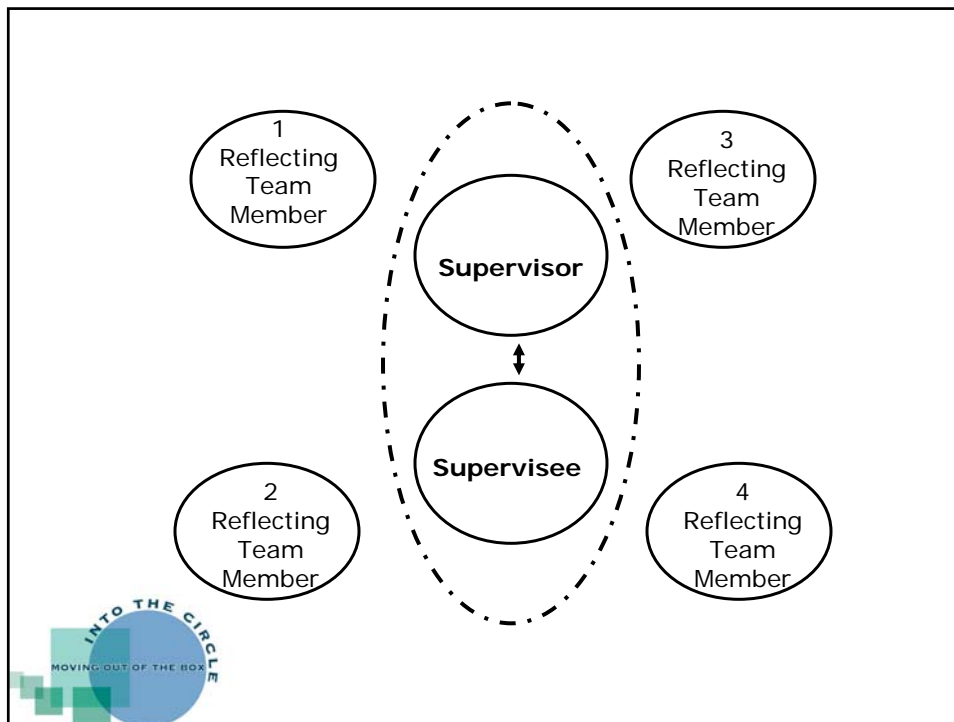
- The co-created action is reviewed and **Evaluated** for its potential effectiveness with the client.
- Part of the evaluation is the level to which the co-created action will embrace a **Solution** focus and utilize skills the supervisee and client possess



## Process of Supervision with a Reflecting Team

1. Supervisor interviews supervisee with 4 reflecting team members observing from a distance of 5-10 feet.





## Process of Supervision with a Reflecting Team

2. After  $\frac{3}{4}$  of the interview, the supervisor and supervisee move out of the circle (and only listen to the conversation of the of the reflecting team); the reflecting team moves into the circle to discuss:
  - What additional information they desire from the supervisee (more Context creating activities)
  - Activities that come to mind which have isomorphic connections to what is being discussed



## Process of Supervision with a Reflecting Team

3. Reflecting team and supervisor & supervisee trade places (again) and discuss what they have heard from the reflecting team.
4. A **novel** action generated by the supervisor, supervisee, or reflecting team may surface in which the supervisee and supervisor engage.
5. Supervisor-supervisee-reflecting team **evaluate** the action for **Solutions**.

