




TREATMENT SYSTEM CONSULTATION (TSC)

**A Collaborative Approach to Supervision
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WHAT IS TSC IN PRACTICE?

-  The supervisee takes his/her clients (individual, couple, family, social network) with him to supervision
-  In an ideal setting there are 1-3 team members present, as a reflecting team
-  Supervisor interviews first the supervisee, then the client(s), supervisee's team reflects and finally the client comments




TSC PROCESS



THE FOCUS OF TSC

-  To study the relational aspect of therapeutic treatment – therapeutic alliance
-  Involving clients in supervisions helps to ensure that client's agenda(s) and therapist's agenda(s) are close enough to each other = "culturally adapted treatments are effective" (Wampold 2001)
-  Content issues are also important
-  A variety of often contradictory views are explored in order to promote the therapists to own their knowledge and to be free to resolve uncertainties in a view where there is no correct way of understanding the case (MacKay & Brown 2014).





COLLABORATIVE ASPECTS IN TSC

-  In supervision literature collaborative ideas mainly concentrate on studying or deconstructing the traditional hierarchical relationship between supervisor (expert) and supervisee (novice).
-  TSC creates "a new social order", where everyone has possibility to achieve expert position on their own field. (eg. Laitila 2004)
-  There's a chance to create/support more collaborative relationships in both therapeutic alliance and supervisor–supervisee relationship

SUPERVISOR'S SKILLS

- 🌐 Attitude; to be ready to learn something new, take risks, open up your own way of working
- 🌐 Respectful curiosity
- 🌐 Prefer "local knowledge" – not only the expertise knowledge
- 🌐 Skills to find constructive conversational alternatives, "expert in conversational architecture"
- 🌐 Experience in working in many contexts

BENEFITS FOR CLIENTS

-  99 % satisfied
-  Feeling of being important – “therapist and team make great efforts to understand our situation”
-  “It’s very interesting to have an opportunity to hear what our therapist thinks over our situation – and also the team comments”
-  Client’s situation becomes described and reflected from many different angles – activates self-reflexive processes and meaning-making





Benefits for the supervisee(s)

- Possibility to become more aware of your own agendas when supervisor interviews you
- Possibility to listen for the rest of the session
 - No need to react or think the next move
 - Gives you more space to listen and think
- Possibility to learn something about supervisor's way of working with your clients
- Therapeutic system comes reflected from many angles
 - Therapist, clients, team, supervisor
 - Creates often more alternatives
 - Reinforces your agency

Benefits for the professional team

- 🌐 Increases openness and activates professional exchange
- 🌐 Team members learn to know each other better; working in pairs and as a team becomes easier
- 🌐 Activates professional development (eg. Skovholt & Ronnestadt 1995, 2013)
- 🌐 Special skills become better known



Benefits for the supervisor

-  "Maps and territory" dilemma is easier to handle; it's possible to see how therapist's ideas and actions are in touch with client's world (eg. McLeod & al 2009)
-  It's possible to activate many kind of reflective and self-reflexive processes for all participants (activates learning)
-  Studying participants' agendas and therapeutic alliance together in a collaborative way seems to bring in new ideas and push forward the treatment process
-  It's possible to fulfill all supervisor's basic functions: administrative, supportive and educational

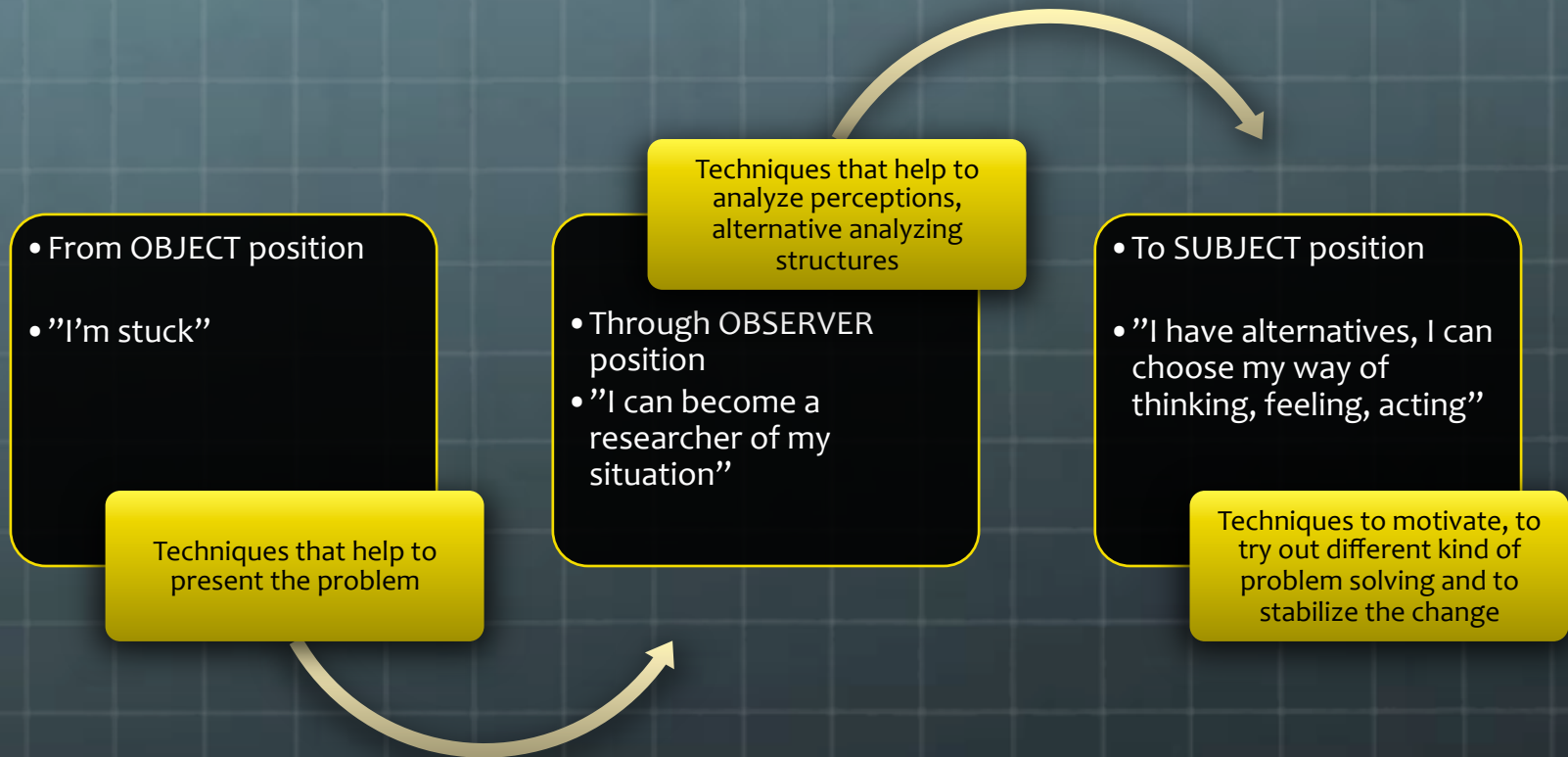
THEORETICAL CONSIDERATIONS

- TSC is based on social constructionism
 - Social constructionism refers to the way in which meaning, truth, and objectivity are understood as discursively situated, contextualized at a specific time and place in history and thus are always available for examination and deconstruction (MacKay & Brown 2014)
 - Equality, mutual learning, discourse sensitiveness, local knowledge and sense of agency are central concepts

Theory... Reflective processes

-  TSC creates a new kind of conversational structure where participants get to many different reflective positions; this activates learning, meaning-making and at best enhances both the client's and therapist's sense of agency (eg. Andersen, T. 1987, 1997, Wahlström, J.(1997)
-  TSC can increase the effectiveness of treatment by helping to keep client's and therapist's agendas close enough to each other, by promoting continuing evaluation over the therapeutic alliance (eg, Kuhlman, I. 2013, Wampold, B. 2001)


The meta model for supervision/therapy (Leiman, M 2012)



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THANK YOU!

 I am getting forward, because my memory is shorter than the circle I go around.....