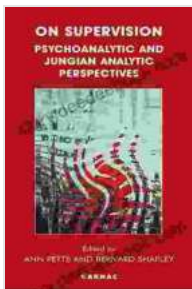


# On Supervision: Psychoanalytic and Jungian Analytic Perspectives

Supervision is a crucial aspect of analytic training and professional development. It provides a space for analysts to reflect on their work, receive feedback from a more experienced colleague, and explore their own unconscious dynamics. Supervision can help analysts to develop their clinical skills, deepen their understanding of theory, and navigate the challenges of working with clients.



## On Supervision: Psychoanalytic and Jungian Analytic Perspectives by Cheng Li

★★★★★ 5 out of 5

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File size : 2521 KB  
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There are many different approaches to supervision, each with its own unique strengths and weaknesses. Two of the most common approaches are psychoanalytic supervision and Jungian analytic supervision. In this article, we will explore the key differences between these two approaches.

## Psychoanalytic Supervision

Psychoanalytic supervision is based on the psychoanalytic theory of the unconscious. This theory posits that our unconscious mind contains repressed thoughts, feelings, and memories that can influence our behavior and relationships. The goal of psychoanalytic supervision is to help supervisees to become aware of their unconscious dynamics and how they impact their work with clients.

In psychoanalytic supervision, the supervisor typically takes a relatively passive role. They listen to the supervisee's presentation of the case, ask questions to help the supervisee explore their unconscious dynamics, and provide feedback from their own perspective. The supervisee is expected to be actively engaged in the process, reflecting on their own thoughts and feelings and making connections between their personal experiences and their work with clients.

Psychoanalytic supervision can be a very helpful way for supervisees to develop their clinical skills and deepen their understanding of theory. However, it can also be a challenging experience, as it requires supervisees to be willing to confront their own unconscious dynamics.

### **Jungian Analytic Supervision**

Jungian analytic supervision is based on the Jungian theory of the unconscious. This theory posits that the unconscious mind is not simply a repository of repressed thoughts and feelings, but also a source of creativity and wisdom. The goal of Jungian analytic supervision is to help supervisees to access their unconscious resources and integrate them into their work with clients.

In Jungian analytic supervision, the supervisor typically takes a more active role than in psychoanalytic supervision. They may offer interpretations of the supervisee's dreams, help the supervisee to identify and work with their archetypal patterns, and provide guidance on how to use the unconscious to enhance their work with clients.

Jungian analytic supervision can be a very helpful way for supervisees to develop their clinical skills and deepen their understanding of theory. It can also be a transformative experience, as it can help supervisees to access their own inner wisdom and creativity.

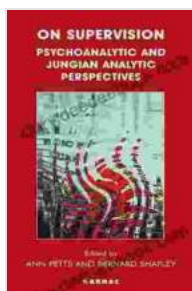
### **Comparison of Psychoanalytic and Jungian Analytic Supervision**

The following table provides a comparison of the key differences between psychoanalytic and Jungian analytic supervision:

Feature	Psychoanalytic Supervision	Jungian Analytic Supervision
Theoretical Basis	Psychoanalytic theory of the unconscious	Jungian theory of the unconscious
Goal	To help supervisees to become aware of their unconscious dynamics and how they impact their work with clients	To help supervisees to access their unconscious resources and integrate them into their work with clients
Supervisor's Role	Typically takes a relatively passive role	Typically takes a more active role
Supervisee's Role	Expected to be actively engaged in the process, reflecting on their own thoughts and feelings and making connections between their personal experiences and their work with clients	Expected to be open to the supervisor's interpretations and guidance
Benefits	Can help supervisees to develop their clinical skills and deepen their understanding of theory	Can help supervisees to develop their clinical skills, deepen their understanding of theory, and access their own inner

wisdom and creativity | | Challenges | Can be a challenging experience, as it requires supervisees to be willing to confront their own unconscious dynamics | Can be a challenging experience, as it requires supervisees to be open to the supervisor's interpretations and guidance |

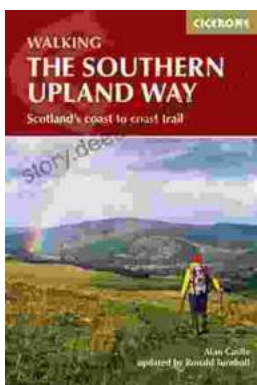
Both psychoanalytic and Jungian analytic supervision can be valuable tools for analytic trainees and professional



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