

Concept

Art therapy supervision as case, team, and individual supervision, as well as team days and/or community weeks. In cooperation with the Karl König Institute Berlin.

The work is based on the experience of the Camphill community and Karl König in community building (team spirit). This includes discussions and artistic exercises to better integrate entire teams and strengthen them and individual members, enabling them to work holistically from a broader perspective.

Case supervision is based on the anthroposophically extended view of humanity and my extensive experience in therapy with a wide range of illnesses and impairments.

Individual Supervision

In professional and everyday life, situations repeatedly arise in which one feels stuck.

Through years of consistent work, one becomes professionally blind, repeats the same actions, and thus doesn't always meet the needs of current situations.

One feels exhausted and stuck, finds it hard to breathe, and has the feeling that something needs to change, without knowing what.

How can individuals continually reconnect with their inner strength, shed unnecessary burdens, successfully overcome challenges, and mature as individuals?

To avoid crises altogether, it's beneficial to periodically reflect on oneself, one's own processes, and sources of satisfaction. This offers an opportunity for such reflection.

Simple artistic techniques can provide new perspectives and insights.

Case Supervision

A multifaceted case discussion leads to new insights and resolves ingrained behavioral patterns or problematic behavior almost overnight. It's a proven method to arrive at a new understanding of the person or situation in a so-called "college meeting," openly and without preconceived notions. How can I see and discover things anew, thereby reaching new levels/creating new qualities as a community?

Community Work

The community is at the heart of all endeavors. Strengthening this heart continually propels us forward in our shared pursuit of excellence. Therefore, this addresses the entire community, regardless of our individual roles. The work can be conflict-oriented, meaning it focuses on conflicts and solutions, or it can be more broadly focused on resilience and resources.

What defines us as a community? What guiding principles do we work and act according to? How can we better understand and connect with each other to work more effectively for the benefit of all?

Team Supervision

Even the best teams sometimes experience tension. Even in well-functioning teams, imbalances can develop, with individuals taking on too much or too little responsibility.

There can also be structural and organizational problems that make our work more difficult and prevent us from working effectively.

How can we collectively create a work atmosphere that is productive and characterized by positive energy?

Timeframe

Supervision, whether individual, team, or for case discussions, is often conducted at regular intervals, e.g., once a month for 1-2 hours. This approach is particularly suitable for easily accessible work locations in the immediate vicinity.

- Team days can take place over a single day or several days, or over a weekend. This allows for an intensive process involving a block of focused work. The focus will primarily be on group supervision or collaborative work, for example, on a specific topic. This approach is also beneficial if the work location is somewhat further away and requires a longer commute.
- Team weeks facilitate a variety of processes spread over a period of one to two weeks. All types of supervision can be employed, ensuring that the entire team is refreshed and revitalized in a way that is intensive yet not individually overwhelming. Individuals can benefit from one-on-one supervision, the entire organization can participate in one or more group processes, teams or facilities can realign themselves through team supervision, or those receiving care can benefit from an art session.

Costs

Hourly rate: €80 plus travel and materials

Daily rate: 6-8 hours spread throughout the day: €250 plus travel and materials, including room and board if needed.

Weekly rate: €1000 plus room, board, travel, and materials.

Materials can be provided in whole or in part. Room and board can also be provided directly at the facility.

Travel is by bicycle, car, train, or plane, depending on the location. Costs are half the hourly rate per hour plus ticket costs or mileage.

Locations of service:

Camphill facilities, facilities for people with disabilities.