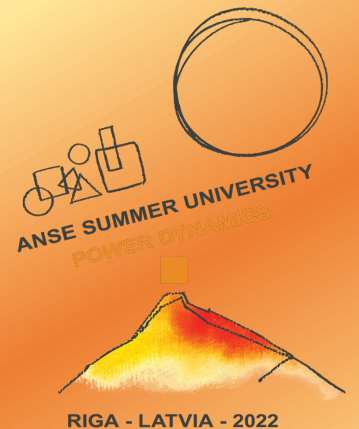


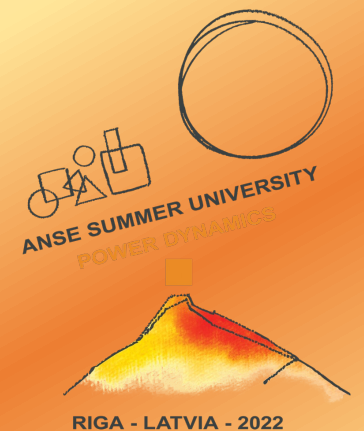
The Power of Secrets in Supervision and Coaching

Reijer Jan van 't Hul



Content

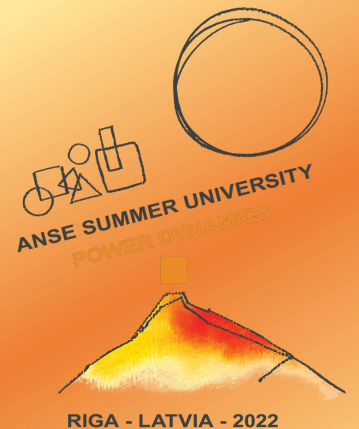
- Introduction
- Forming Pairs and Getting to Know Each Other
- Limits of Sharing Secrets in Supervision
- ANSE
- Diversity Circle
- Sharing Secrets
- Summarizing
- Checking Out



Introduction



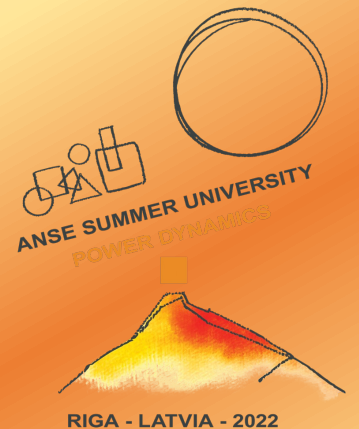
- Reijer Jan van 't Hul
- Agreements during and after this workshop



What is a secret? A Definition:

A secret is a conscious, active and dynamic process of social, selective information-exchange that uses cognitive resources and can be experienced as an emotional burden with negative consequences for well-being.

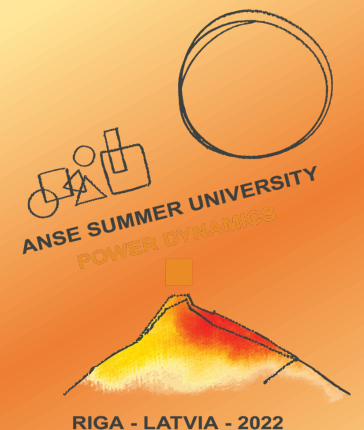
(Wismeijer, 2016)



Types of Secrets

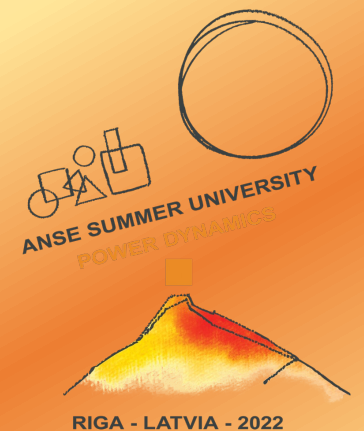
- Shape
 - Small versus Large
 - Positive versus Negative
 - Short versus Long
- Content
 - Personal failures
 - Interpersonal alienation
 - Sexual secrets

(Yalom, 1970)



Kinds of Secrets

- Relationship secrets or Family secrets
- Inherited memories (subconscious secrets)
- Professional secrets or Professional confidentiality



Working in Couples

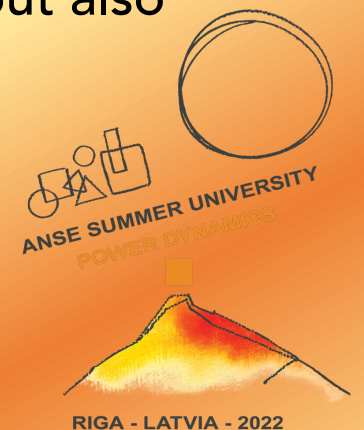
Introducing

- Who you are?
- Where are you from?
- What you do in your daily life?
- How long you have been a supervisor or coach?

Discussing

- What appeals to you in secrets/this workshop?
- What are you curious about?
- What do you do with secrets in supervision?
- Do you actively look for them? What do you tell as a supervisor? And what not?
- Are there limits to sharing secrets in supervision? (from your supervisee, but also concerning self-disclosure)

15 minutes!



What are the limits to sharing secrets in supervision?

'House' supervisor,

Other clients info,.

Supervision frame, settings, environment and context where supervision takes place can limit sharing. (For example, Small professional community, double or multiple roles)

Values and security.

in an individual session, this is easier to do. Working in a group complicates this process

I have no limits in sharing secrets

One of the biggest limit is trust level

Lack of trust, we are afraid of feeling bad

Supervisor story

small community, reputation

Extremely sensitive question necessary.
May I ask you and please take your

ANSE Code of Ethics

Article 4 - Professional Requirements

1. Supervisors are to be fully aware of the basic values of their profession, as set forth in the statutes and code of ethics of the national organisation they are a member of, and in the ANSE Code of Ethics.
2. Supervisors are bound by the code of ethics of the national organisation they are a member of.
3. Supervisors will always serve the interests and protect the integrity of their clients and constituents to the best of their ability.
4. Supervisors are to exercise their profession autonomously, impartially, and confidentially.
5. Supervisors will develop and maintain their competencies to the best of their ability.
6. Supervisors will hold themselves accountable to clients, constituents and colleagues for the means and methods they apply and for the quality of praxis and professionalism thereof.

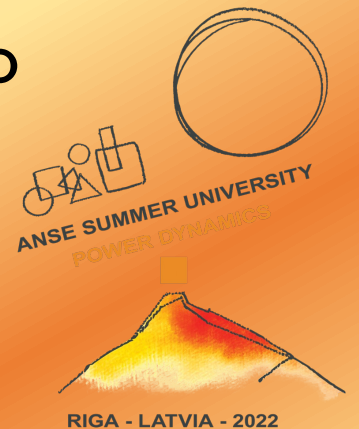
Diversity Circle (Marten Bos)

- Put chips/fiches on two areas where you do have secrets, or where you would not speak easily about in supervision, or with strangers
- Find your partner again and discuss with each other where you both have placed your chips fiches
- Ask each other about these secrets

Experience:

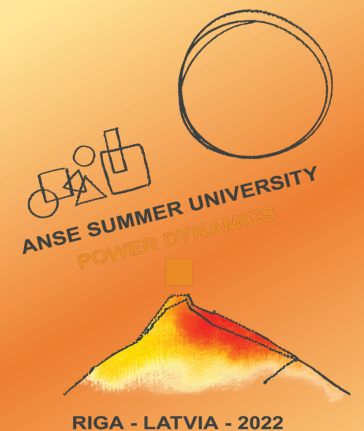
- Where are the limits in sharing secrets?
- What do you need to tell a little more about it?
- What makes you cross the line?
- What makes you decide to stop talking about it?

Until 15.45



Summarizing

- What did we discover?
- What was it like to share secrets?
- What was it like to share something with a relative stranger?
- What do you do about self-disclosure in supervision?
- When to do it, when not to do it?
- Why yes, why no?



Closure

Pick a card and write a message for your partner

Put it in the envelope

Say goodbye and give the card to each other

