

## Individual Supervision (Zoom)

### Purpose

This supervision is designed for professionals who wish to reflect on their clinical practice with care and depth, and to develop ACT/CBS skills through experiential learning.

We focus on cultivating psychological flexibility in both therapist and supervisor.

### Features

Supervision is provided by a supervisor with extensive international training experience. Rather than relying on explanation, sessions emphasize experiential exercises, role-plays, and real-plays.

We value applying ACT to oneself *before* applying it to clients, creating a safe and curious space for learning.

### Examples of Common Concerns

Are you experiencing any of the following:

- Wanting guidance on current clinical cases
- Wanting to learn ACT but not knowing where to begin
- Feeling unsure about working with clients with BPD traits
- Wanting to support family members or partners of individuals with BPD
- Having difficulty imagining how to apply ACT with athletes

### Basic Structure

- Work informed by the SEED model
- Clarifying concerns and questions
- Functional analysis
- Role-plays and real-plays

### Details of Individual Supervision

#### 1. Exploring Values Together

Using tools such as the ACT Matrix, we explore values, internal experiences, control strategies, and valued actions for both supervisee and supervisor. This shared exploration helps create a safe, grounded space for curiosity and reflection.

## **2. Holding Stories Lightly**

We gently examine how attempts to avoid discomfort may influence behavior. Together, we notice narratives that may narrow flexibility and explore ways to hold them with more openness.

## **3. Exploring the Function of Behavior**

A therapist's behavior influences the client, and the client influences the therapist. The same is true in supervision. We focus on the complex contexts in which behaviors occur and support supervisees in observing their functions with clarity and compassion.

## **4. Perspective Taking Across Contexts**

We move among perspectives—the client's, one's own, and that of a third party—to explore which perspective leads to a more functional understanding. The supervisor offers subtle guidance to ensure exercises do not drift toward persuasion or correction.

## **5. Experiential Methods and Deliberate Practice**

Rather than teaching through instruction, we emphasize showing and experiencing.

This helps supervisees step out of rules such as "I must teach" and reconnect with direct motivation to learn.

Methods may include mindfulness practices, role-plays, and real-plays.

Created: April 2026

DEEP SLOW MOVE RIVER – Yoshimoto