

CASE STUDY 1

CAYLA: NOT SAFE TO DRIVE HOME?

Your supervisee, Cayla, comes to you anxious that she has made a big mistake.

Some months ago, Cayla told you that she had given her client, Margie, a lift to the station to catch a train as she had been unable to come to counselling by car as she usually did. You had advised Cayla that this was unwise – what if there had been an accident? What about insurance, and so on.

Now Cayla tells you that yesterday Margie had driven to supervision for her 7pm session, during which she had become quite dissociated and disorientated. She was very much in a child ego state, very distressed, saying she did not want to leave Cayla and go home. Cayla was very torn as to what to do and in the end she told Margie she could stay in her spare room for the night and return home in the morning.

There were no issues in the night, and this morning Margie, now fully in her adult ego state and very embarrassed at what had happened, had returned home safely.

- **How will you handle this?**
- **What are the issues?**
- **Share any similar experiences with each other**

CASE STUDY 2

ELLEN: FAST TRACK TO ACCREDITATION

Your supervisee, Ellen, has constantly struggled to get her BACP accreditation done. You have tried to encourage her, but don't want to constantly nag her. Ellen is still working for free in the agency she started with when doing her L4 Diploma 5 years ago, and lack of accreditation means paid employment has not been possible. The subject has not been raised between you for several months.

Ellen comes to see you and tells you excitedly that she has now got her BACP accreditation, and is applying for paid employment. You are very surprised and asked her how this has happened. After prevaricating, Ellen (who is very honest and likes to be transparent) finally tells you that she was recommended to go to a professional service where someone does all the accreditation work for you for £150. It worked brilliantly and Ellen is delighted.

You push further to find out who is running this "professional service" and to your dismay you find out it is another of your supervisees, Mary.

- What are the key issues here and how will you first handle them with Ellen, and then what about Mary?

CASE STUDY 3

MANDY: ONE GOOD TURN DESERVES ANOTHER

Your supervisee, Mandy (28), bounces into the supervision room, greeting you with the words, *“I think I’ve made a boo-boo!”*

Mandy is in the second year of her Diploma course. She is extremely enthusiastic and hangs on your every word as her Supervisor, desperate to learn and do well. One of her clients is Nora, a 65 year-old widow who is working on the loss of her family who have recently emigrated to Australia.

Mandy says: *“She’s such a sweetie, and she handed me this little box with a gold chain in it. She said it was a present for ‘being so lovely’. I was so touched, and I just felt prompted to take my bracelet off and give it to her as a return gift. Nora was thrilled. But as soon as I’d done it, I thought.... Oh. I don’t think I’ve done the right thing....”*

How will you handle this?

What are the issues around the receiving and giving of gifts?

- Wouldn’t it be ungracious to say you couldn’t receive a gift from a client?
- What is the difference between being given a pot plant, tickets for a West End musical, a framed picture (*“you could put on your wall...”*)?
- Is the timing significant, ie at what stage of the therapy is the gift given?
- Share your experiences.

CASE STUDY 4

ANN: WILL HE, WON'T HE?

Your supervisee, Ann, is worried about her client, Rupert. He is a 57-year old man, married with 2 grown-up children and 3 grandchildren. He works as a porter in his local hospital.

Rupert has quite severe OCD, and he has recently confessed that the worst aspect is his fear that he will “harm a child”. He has never done so, and assures you that he doesn’t really think he ever would, but the thoughts are deeply distressing.

Ann doesn’t know how to handle this – could children really be in danger from Rupert? Should she ask him what ‘harm’ means? What about his grandchildren, and young people in the hospital? Is it safe to believe that he won’t really do anything, or should she report this to the authorities? And which ‘authorities’?

- What is your thinking on this?
- What action would you recommend?
- How comfortable are you in making this recommendation?
- Share your thoughts and experiences