Research Project: *The Role of Gestalt Psychotherapist and Supervisory Foci*

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**It involves more than one Country?**
- Yes
  - which countries are involved

- **Goals of the project:** Theoretical – Check the hypothesis that there is connection between focus of supervision and the level of reached role of Gestalt psychotherapist; Practical: Develop the strategies of working with supervisants that depend on their needs, forming supervision groups by these criteria.
- **Short description of the project’s design:**

  **Research tasks:**
  - Evaluate the level of adoption of the role of the Gestalt psychotherapist within examinees who finished education in Gestalt psychotherapu and students of the final year of education in Gestalt psychotherapy
  - Establish distribution of applied supervisory foci on supervision sessions
  - Determine if there is difference between supervisory foci in relation with evaluated level of adoption of the role of psychotherapist

  **Variables**
  - **Independent variable:**
    - Evaluated level of adoption of psychotherapy role – according to Soltenberg & Delworth, 1987 - Novice, Journeyman, Craftsman and Master Craftsman
  - **Dependent variable:**
    - Supervision focus evaluated from the supervisor, according to Gilbert & Clarkson, 2004 model of supervision

  **Five levels of dependent variable**
  1. Diagnosis and Treatment Planning
  2. Strategies and Intervention Techniques
  3. Transference, Countertransference, Parallel Process
  4. Theory
5. Ethics an Professional Practice

Control variable:
- Experience in psychotherapy, defined via years of practice and number of working hours with clients, categorial variable, for categoris
- Nature of academic education of supervisants, categorial variable, two categoris

Instruments:
- Supervision protocols
- Assessment sheet created in accordance with theoretical model of Stoltenberg & Delworth, 1987

Sample: 83 supervisants, age 24 – 64

- Research methodology and specific research tools of the project (quantitative or qualitative methods, measurements, tests, statistical or qualitative types of analysis, etc.)

IT is quantitative type of research, correlative design, results were analysed by SPSS statistic program, descriptive and nonparametric methods were applied (Hi square, Binomial test Mann-Whitney Test)

Time schedule: research was conducted in 2010/2011.

- The project is financed by
  a public institution:
  a private institution: Agency for Private Psychotherapy Practice and Education “Novi prostori”..

- Have you already some preliminary results?
  - No
  - Yes, please describe them

- There is statistically important difference in distribution of supervision focus in corelation with evaluated level of adoption of psychotherapy role on the level 0.01 (value is 0.004)
- Coeficient of contigencu is statistically significant too, there is medium connection between variables (value is 0.510, for p=0.004)

Frequencies and percentics of fokus dependent on level of adoption of psychotherapy role

<table>
<thead>
<tr>
<th>Fokus supervizije</th>
<th>Novajlija</th>
<th>Putnik</th>
<th>Zanatlija</th>
<th>Umetnik</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Frekvenca</td>
<td>Procenat</td>
<td>Frekvenca</td>
<td>Procenat</td>
</tr>
<tr>
<td>Dijagnoza</td>
<td>10</td>
<td>41.7</td>
<td>5</td>
<td>26.3</td>
</tr>
<tr>
<td>Intervencija</td>
<td>5</td>
<td>20.8</td>
<td>5</td>
<td>26.3</td>
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<tr>
<td>Transfer</td>
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<td>0</td>
<td>3</td>
<td>15.8</td>
</tr>
<tr>
<td>Teorija</td>
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<td>25</td>
<td>4</td>
<td>21.1</td>
</tr>
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<td>Etika</td>
<td>3</td>
<td>12.5</td>
<td>2</td>
<td>10.5</td>
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<tr>
<td></td>
<td>24</td>
<td>100</td>
<td>19</td>
<td>100</td>
</tr>
</tbody>
</table>
• Focus Diagnose is significantly more present when the therapist is in the role of novice and craftsman than when the therapist is in role of master craftsman (p=0.012)
• Focus Transference, countertransference and parallel process is significantly more present within Craftmen than within Novice and Journeyman (p=0.033)
• Theory is significantly more present within Novice than within Master craftsman (p=0.031)
• Supervisant that finished education are significantly higher ranged in the role of psychotherapist than students of the final year (Mann – Whytney test, level 0.01)
• Supervisants in education are mostle corelated with the role of Novice, while supervisants with completed psychotherapy education are moste frequentlyu conected with the role of Craftsman
• Therapist who finished education earlier have significantly higher average range than therapist who finished education sooner, experience does metter (Mann – Whytney test, level 0.05).
• There is no statisticalyu significant difference between supervisant with academic education in psychology/medecino from the others

- Have you published or presented your results at conferences?
  - No
  - Yes, please indicate the references:

Could you send us your article or presentation?

☐ Yes, If you find this research interesting enough I can translate it and sent it to you, for now, I have only version in Serbian language
☐ No, please indicate the reasons:
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    ☐ Yes
  • Do you give your permission to publish the above information in the EAGT website?
    ☐ No
    ☐ Yes