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Providing Clinical Supervision to Therapists using Brainspotting

Clinical supervision is a vital part of being able to support staff in their difficult work. It is critical that clinical supervisors receive their own clinical supervision and institutional support as transference is not limited to the therapist and client; secondary and tertiary vicarious trauma effects institutions. Managing limbic countertransference is paramount to effective BSP work. The content and emotionality of trauma work are a challenge over the long term. Survival in this field is dependent on being able to manage limbic counter transference. There are a variety of ways to be able to manage these issues including institutional culture, encouraging therapists and supervisors to get their own work done and other more pragmatic strategies such as caseload considerations, paperwork burden among others.