



Book Review

Creative Supervision: The Use of Expressive Arts Methods in Supervision and Self-Supervision

Lahad, M. (2000), London: Jessica Kingsley Publishers,

*By Alex Nelson **

From the text and illustrations in this book, one can see that Mooli Lahad is an energetic practitioner. His primary premise is that people have ways of being in the world that enable them to live habitually, as well as meet changing circumstances and crises in their life. He calls his model *Basic Ph* to indicate that belief, affect, social connections, imagination, cognition and physiological processes combine to influence how people learn, interact and deal with challenges. He applies this framework to his supervisory practice which includes work with counsellors and teams of carers for people who have experienced risk and extremes of violence in war.

Mooli illustrates, from his practice of individual and group supervision, his use of line and colour, guided imagery, writing activities, stories and films, and movement. He recommends that supervisors try out these practices in self-supervision, to overcome boredom in the supervisory session, meet resistance, gather depleted energies and release a client's creative responses to situational challenges. Mooli has developed a box of tricks such as a collection of cards and other bric-a-brac that he draws upon to engage his clients in their learning.

These creative processes are obviously ones that work for him. They appear to be congruent with his personal style and experience. His intention in using expressive art methods appears to be to put processes of transformative learning in the hands of his clients. Obviously, only some of his methods will appeal to other practitioners. So, the book leaves me with questions about how I use or might use creative approaches in supervision, coaching and consulting. With which processes do I feel competent? Is expressive art a learning edge in my practice? Which elements of cultural diversity in myself and in participants

do I need to attend to in choosing an artistic activity? I enjoyed reading and smiling to myself about the games that supervisors and supervisees play.

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