

Irina Mazurika is offering a workshop introducing:

Workshop title:

SHADOWS AND LIGHTS OF A SUPERVISOR. Acknowledging personal limitations and turning them into resources in supervision

Duration: 90 minutes.

I'm offering my workshop twice: no

The goal of the workshop is to explore the following:

- hidden, suppressed parts of our personality (shadows)
- how shadows of a supervisor are present in supervision process
- how shadows can be reframed to resources and integrated in supervision and our professional identity

The Concept:

What I find fascinating about shadows - they make us unique, alongside our superpowers. When shadows are acknowledged and integrated, a person feels wholesome and authentic in personal and professional life. We sometimes are triggered by clients. What happens, when the trigger and your inner part responsible for that, is included in the supervision process and has it's own space and delegated tasks? That's what we will be exploring, in a safe space with fellow supervisors.

I am a fan of the strengths-based approach, which I studied during resilience mentor training. The idea is to transform our hidden aspects into resources by making them visible and valued. Through metaphoric images and archetypes we will explore how supervisor's shadows are influencing the supervision process and how they are revealing or might reveal themselves in "inappropriate" ways.

Methods: reflection, role play in pairs, metaphoric images, embodying compassion towards our suppressed parts and reframing them as resources.

Approaches and concepts: strengths-based approach, elements of Internal Family Systems Model (IFS by Richard C. Schwartz), concept of Shadows by K.G.Jung, Self-

compassion concept by K.Neff

Learning outcome:

Getting to know personal shadows through metaphoric images

Exploring how our shadows take part in supervision process

Turning shadows which are suppressed, denied, devalued, into inner resources strengthening professional identity

Practicing strengths-based approach, working with internal parts, archetypes, widening professional identity topic

Profile

I'm a coach, supervisor and well-being trainer from Latvia with a social work background and 10+ years of consulting experience for individuals in crisis situations and practitioners within helping and people-oriented professions. For 7 years as a social worker and the head of the victim support services department in a local NGO, I was working with domestic violence and human trafficking cases, providing rehabilitation for survivors and leading national and international projects, managing teams of specialists.

Adult education and training is my area of interest as well. I am a lecturer at the University of Latvia. In the past 5 years I've been providing consultancy and leading online and offline trainings across Europe and Central Asia, focusing on non-violent communication, self-care and burnout prevention topics.

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