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Narrative based supervision

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Narrative-based supervision is an approach to case-based discussion that was developed at the Tavistock Clinic in the 1990s, and is now taught in postgraduate medical education in the United Kingdom and elsewhere. It is based on the idea that patients or colleagues often bring narratives that are stuck or stereotypical, and that careful questioning can help them to reframe these stories in more effective ways. Training involves theoretical learning based on narrative studies, and small group coaching in the use of non-directive questions aimed at opening up new perspectives on the case. Groups practising narrative-based supervision use a variety of practical approaches including one-to-one interviewing (sometimes in a 'fishbowl') and the use of a reflecting team. Supervision can address both the technical and psychosocial aspects of the case, as well as the interaction between patient and professional.