Presentation Abstract

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Field of Expertise
Psicoterapy

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Modality of Participation
in-person

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Workshop

Presentation Title

Shame in Transactional Analysis Supervision: Research-Informed Strategies for Supervisory Practice

Abstract

Shame is widely recognised as a powerful yet often underexamined experience in psychotherapy supervision. While theoretical literature has explored its presence in supervisory relationships, empirical research focusing specifically on how shame is experienced within Transactional Analysis supervision remains limited. This workshop presents findings from a qualitative study conducted by the presenter that explored how TA trainees and practitioners experience and interpret shame within supervisory contexts.

The study employed reflexive thematic analysis of first-person accounts from practitioners across different countries and levels of professional development. The findings indicate that shame in supervision is closely connected to the activation of script dynamics, internal evaluative processes, and relational factors within the supervisory relationship. Participants described how supervisory interactions can either intensify shame and restrict reflective engagement or facilitate its resolution through attuned supervisory responses.

Building on these findings, the workshop translates research insights into supervisory practice. It will explore how shame may manifest in supervision and consider supervisory responses that support reflective engagement, constructive feedback processes, and learning within the supervisory relationship.