The Supervision House: A Developmental Tool for Group Supervision
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The Supervision House is a supervision technique adapted from the Dialectical Behavioral Therapy (DBT) House for use in group supervision. It serves as a metaphor or tool to address factors that impact the supervisor as well as the developmental tasks of the supervisor. The tool can be used in the group supervision of doctoral student supervisors or masters counseling students.

Parts of the house:
Goals: Your personal and professional goals as a supervisor
Foundation: Your professional framework and supervision theory(ies); personal factors that affect you as a supervisor
External: Historical factors that impact you as a supervisor
Door: Your vulnerable areas as a supervisor; things that not everyone sees
Bedroom: Sleepy skill areas for supervisor and counselor and how to address those through feedback and evaluation
Exercise Room: Identifying and building on supervisor strengths
Master Bedroom: Reflecting on your mastery and growth as a supervisor or counselor
Family Room: How you build rapport and connect with supervisees
Playroom: Creative, fun, hands-on strategies that you use with supervisees
Home Office: Strategies for staying organized as a supervisor
Roof: Personal and professional resources that cover and support you as a supervisor
Chimney: Self-care; how do you blow off steam?

Suggestions for use:
- The house can be used for the development of the supervisor and/or counselor
- In group supervision, the supervisor can take a section of the house, beginning with the foundation and moving upwards, to use as a developmental check-in to start supervision.
- The house can be used as a measure of supervisor growth; compare responses at beginning and end up of the semester.
- The house can be used as a semester-long project with periodic journal reflections.
- The house and its parts can be adapted to meet specific supervision goals and tasks.

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