

What is attachment- based supervision?

A relational approach to supporting
therapists through reflection, safety,
curiosity and growth

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Welcome

Supervision is a space for therapists to reflect, learn and feel supported in the work that we do. It's a place to think about our clients, our clinical decisions, our emotional responses, and the stories we hold on their behalf. It helps us stay grounded and resourced, so that we can continue to show up with authenticity.

There are many ways of offering supervision. What you'll find here is *my approach to attachment-based supervision*. It isn't a fixed protocol or a manual. It's a relational way of thinking that has grown from my clinical work, teaching, supervision training, and my belief in the importance of secure relationships.

If you're curious about how attachment shows up in your work, how relational patterns unfold in the therapy room, or how supervision might help you feel more confident and steady as a practitioner, you're in the right place. My intention is that this guide helps you get a sense of what it might feel like to work together – and whether this approach could be a good fit.

Supervision is collaborative. You bring your experience, your questions, your modality and your clinical voice. I bring curiosity, attunement and a commitment to support your development and your practice. Together we think, wonder, reflect and make meaning.

Why supervision matters

Supervision is more than a professional requirement. It offers a space to pause, reflect, and make sense of the work that we hold.

As therapists, we encounter deep emotion, uncertainty, self-doubt and the complexity of human connection. We also hold risk, responsibility and the stories of others. Supervision creates room for all of this to be thought about safely.

It supports us to maintain ethical practice, attend to our wellbeing, and stay connected to ourselves in the work. It's a space where we can notice what is going well, what feels stuck, and what might need attention or care. It's somewhere we can bring the moments that moved us, challenged us, unsettled us, or changed us.

Supervision isn't only about discussing our clients. It's also about who we are when we sit in the therapy chair. Our identity, our history, our attachment patterns, and the dynamics that show up between us and our clients. It's a place for reflection, rest, learning, growth - and sometimes repair.

When supervision is attuned and relational, it can help us feel more confident. It deepens our thinking, and supports us to work safely and sustainably.

What is attachment-based supervision?

Attachment-based supervision places relationship at the centre of our work. It recognises that therapists learn and take risks when we feel safe and understood. The supervisory space becomes a secure base to reflect, stretch and grow — and a safe haven to return to when the work feels heavy.

This approach isn't limited to one modality. You can bring person-centred, integrative, psychodynamic, pluralistic, Gestalt or other approaches. Attachment is a lens rather than a technique. It sits alongside your style and theoretical grounding.

Rather than supervision being mainly a case review, this approach invites us to look more deeply. We pay attention to what is happening inside you, and what unfolds in the therapeutic relationship.

Together, we might explore:

- emotional responses to clients
- transference and countertransference
- attachment patterns in the room
- relational pace or boundary dilemmas
- rupture, repair or uncertainty

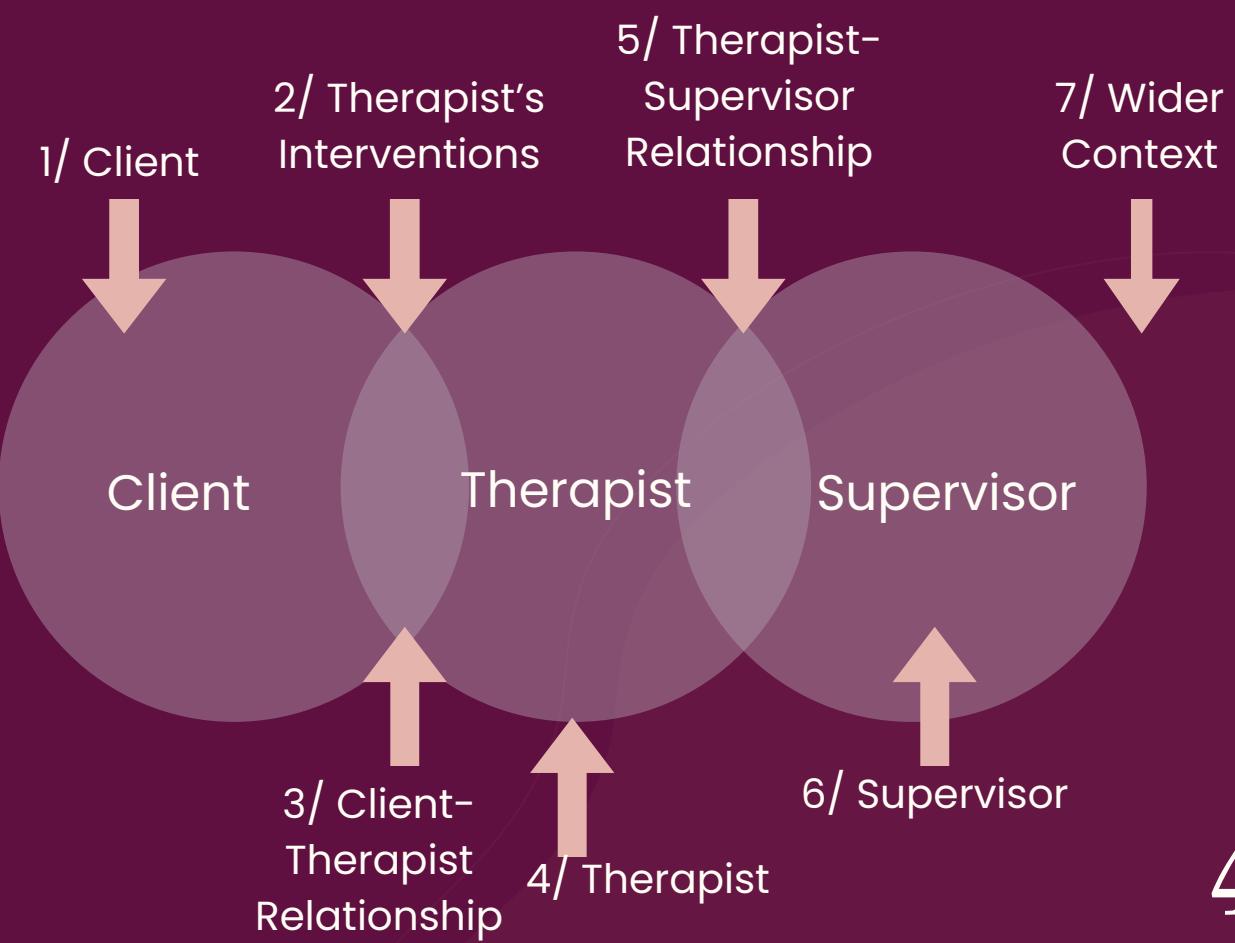
Supervision is where we slow down and notice what's familiar, what's emerging, and what might need some extra attention.

How it fits with supervision frameworks

My supervision practice is grounded in established models that support reflection, ethical practice and development.

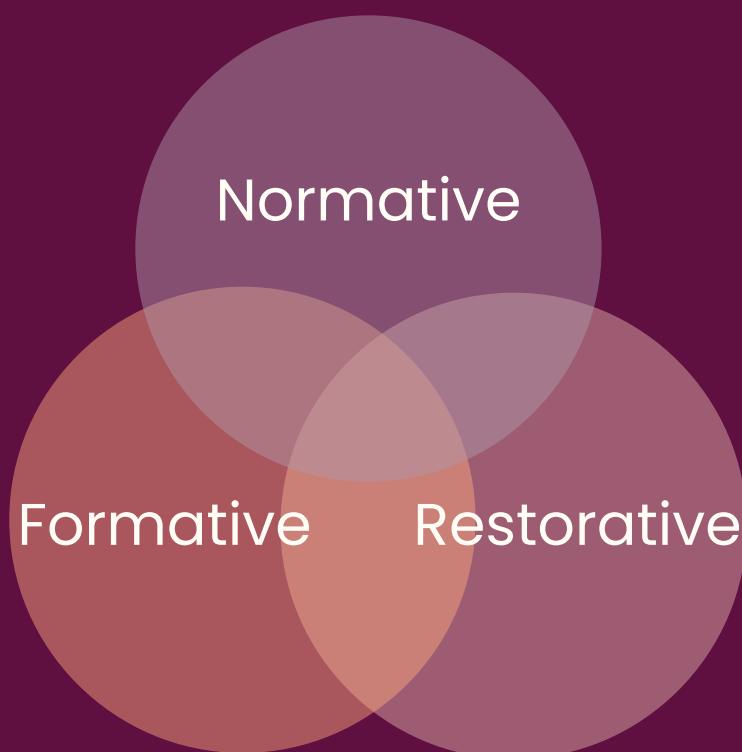
Two frameworks sit at the core of my approach – the Seven Eyed Model, and the Functional Model. They help us hold the work thoughtfully, while attachment offers a relational lens through which we understand what is happening between client, therapist and supervisor.

The **Seven Eyed Model** invites us to explore supervision from multiple angles – client, therapist, our relationship, wider context and moments of parallel process.



The **Functional Model** recognises the different needs of supervision:

- formative – to learn, grow and build confidence
- normative – to hold ethics, risk and safeguarding
- restorative – to support and steady the therapist



Attachment does not replace these models – it sits alongside them. It helps us notice emotional responses, patterns and defences, and the ways that early experience might shape how we relate in the room.

What supervision might feel like

Supervision should be a place to land. A space where you can think out loud, slow down, and feel supported in the work you're holding.

Over time, the relationship between us becomes part of the process — a place where you can bring uncertainty, pride, worry, confusion or curiosity without needing to have everything worked out.

You might notice that supervision helps you:

- feel steadier and more confident
- think more clearly about clinical decisions
- reflect on what's happening inside you
- understand parallel process or activation
- soften self-criticism and increase self-trust

Some sessions will feel spacious and reflective. Others may touch something raw, stuck or tender. Both have value. Growth isn't always linear - it often happens quietly, through moments of connection, insight or recognition.

Supervision is not about learning how to be perfect. It's somewhere you can be honest, supported and gently stretched - so your work can deepen, and so can you.

What we might explore together

Supervision is traditionally a place to bring client work – the moments that feel uplifting, complicated, uncertain or heavy. We think together about what's happening in the room, and what it stirs in you as a therapist.

Alongside case material, there is also space to reflect on the process, the relationship, and your experience within it.

We might explore:

- what feels alive, stuck or unclear in your work
- how you experience your client in the room
- transference, countertransference and activation
- attachment strategies and relational patterns
- boundaries, endings, rupture and repair
- risk, safeguarding or ethical reflection
- confidence, identity and your clinical voice
- practical, business focused areas of your practice

Some sessions are practical and case-focused. Others invite reflection, emotion or curiosity about the self. Both matter. You don't need to arrive polished – simply willing to explore.

Preparing for supervision

You're welcome to bring whatever feels present – a moment with a client, a feeling, a question, or something that feels hard to hold alone. These prompts can help you reflect before we meet, or spark curiosity during our work together. Use what feels helpful, leave what doesn't.

You might reflect on:

- What feels alive in my practice right now?
- Where did I feel steady, challenged or unsure?
- What stirred something in me – and why?
- What am I holding that feels heavy or uncertain?
- What am I avoiding bringing, and what sits beneath that?
- A moment that felt meaningful or surprising
- What support would be helpful today?

If you like structure, you might use this simple checklist before a session:

- A client, moment or theme to explore
- A question I'm holding about my work
- Any ethical or safeguarding consideration
- One thing I hope to leave supervision with

You don't need a polished update. Just arrive as you are – willing to think together.

Influences and further reading

My approach to supervision is informed by attachment theory, relational thinking and a belief in the power of being truly seen. Over time I've been shaped by many writers, teachers and clinicians whose work continues to guide my thinking about the therapist, the client and the space in between.

Some of the key influences in my work include:

- John Bowlby, Donald Winnicott, Linda Cundy, Allan Schore, Jasmin Cori, Peter Fonagy
- Hawkins & Shohet
- Inskip & Proctor

If you enjoy learning through books, you might like to explore:

- Any of Linda Cundy's books
- Mindsight by Daniel Siegel
- Attachment across the Lifecourse by David Howe
- Attachment in Psychotherapy by David Wallin

Who this supervision is for

I offer supervision for qualified and trainee therapists who want a relational space to think deeply about their work.

You might be newly qualified and building your confidence, or experienced and wanting to explore the layers beneath your practice.

Therapists from any modality are welcome – attachment is a lens that can sit alongside other ways of working.

This may suit you if you're curious about how relationships shape the work, and how your own history, emotions and patterns meet those of your clients. You might be interested in transference, parallel process, activation or the impact of attachment on therapeutic connection.

I also welcome therapists who are training in, or drawn towards, attachment-based practice such as the CPCAB Level 5 Diploma. You don't need to know everything about attachment theory – supervision offers space to learn, reflect and grow.

However you practise, the relationship between us will be central. We move at your pace, with room for support, challenge and curiosity.

Working together

If you're curious about what it might feel like to work together, you're welcome to get in touch.

We can arrange an introductory conversation so you can ask questions, get a sense of the fit between us, and decide whether this approach feels right for you. There's no pressure — supervision is relational, and it's important that the space feels safe, warm and collaborative.

You don't need to arrive with everything figured out. Supervision is somewhere to think, reflect and grow — with room for uncertainty, learning and change.

When you're ready, I'd love to talk.
www.georginasturmer.co.uk

This guide is for general information only and is not a substitute for therapy.

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