

Title: Einführung in die systemische Supervision [Introduction to Systemic Supervision].

2009 Heidelberg, 120 pages

Author: Andrea Ebbecke-Nohlen

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Reviewer: Rita Finkendey, Supervisor and Psychotherapist in Hanover

Andrea Ebbecke-Nohlen's book provides an introduction to systemic supervision, as the title says. Very clearly and well structured, it starts by answering the question: "what is supervision?" in its first part. Key questions regarding the boundaries to psychotherapy and neighbouring forms of counselling are put and plausibly answered in this context. On the following about 100 pages, the author explains the systemic concept. Again, she is pleasantly clear and uses a comprehensible language, e.g. when writing about the theoretical background, such as first- and second-order cybernetics, chaos theory, constructivism etc. on nearly 20 pages. I was most attentive and interested when reading the description of the systemic supervision process with its practical examples. The author's sound knowledge as a practicing psychotherapist and supervisor had its best and most vivid effect here.

I can recommend this handy reference book to newcomers working with systemic concepts as well as to experienced systemic supervisors, such as myself. Mrs. Ebbecke-Nohlen has succeeded in writing a compact, sound textbook, which is, above all, pleasant to read.