

Empowering Doctoral Candidates Through Personal and Professional Development Planning

Intervision

Workshop II, February 25th, 2014

Intervision

Intervision is a **peer support format** which takes place in groups of ideally 5 to 10 colleagues without presence of a professional counsellor. A help-seeking participant and colleague brings a case, the others counsel the help-seeking participant and try to find solutions for a specific issue following a **strict procedure** which is divided into phases.

For a successful intervention it is essential that procedure and methods are well known to all participants and roles and tasks are assigned (e.g. reporter, moderator, recording clerk) and switched from one session to another.

Intervision: Procedure

Activity	Duration
Presenter elucidates case and questions he or she wants to present to the other participants	5
Participants formulate informative questions (no suggestive questions, no solutions)	15
Presenter may reformulate questions to group	
Affectionate gossiping. Participants discuss case. What's the matter here? Which role does the context play, what is the role of other persons, what are the qualities and pitfalls on the side of the presenter? The presenter doesn't participate actively in this part of the meeting. Only listens and makes notes.	20

Intervision: Procedure

Activity	Duration
Each of the participants notes down one advice.	2
The participants read their advice.	2
The presenter reacts. What is his or her opinion about the gossiping, which advices are interesting? Which concrete steps will be taken?	5 à 10
Plenary exchange of experiences by the whole group. What did the others extract from the case, the advices, etc.	10