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Hans-Ueli Schlumpf

**Meet Johanna Wahlbeck from Finland** ■

Interviewed by Gerian Dijkhuizen

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# Interview with: Johanna Wahlbeck from Finland



■ Gerian Dijkhuizen

Johanna Wahlbeck is a member of the Finnish Association of Supervisors (STOry). STOry is part of the ANSE Network. Obviously we would like to learn our Finnish colleagues better, which is why we interviewed Johanna.

## **How long have you been working as a supervisor/coach?**

From 2012/2013, so about seven years

## **What was/is meaningful to you in your education as a supervisor/coach?**

This question is a bit wide... Many things. The fact that it is inter- and multidisciplinary. Practice combined with theory. That the training program met the qualifications of the Finnish Supervisors Association (STOry).

I chose a training program with versatility: people studying to become supervisors together came from different backgrounds. Some from business, some from healthcare, some from third sector, some were entrepreneurs from different fields of expertise. In Finland we have a long tradition in supervision and different training programs that meet our associations qualifications.

## **What is your theoretical frame of reference from which you work as a supervisor/coach?**

My theoretical frame is also very interdisciplinary. On the one hand there is the psychodynamic spice cause. I have also studied art psychotherapy, but I am also quite solution based and integrative, the context and goals comes first. As an art philosopher and art therapist, I am specialized in using also art methods in supervision. I have

developed low threshold ways to for example visualize the goals of the supervision process. The participants do not need any previous know-how in art to use these methods.

## **If you are familiar with the ECvision glossary and matrix: how does it influence or enhance your work as a supervisor/coach?**

I am not familiar with it.

## **Can you mention three criteria of which you believe a EU-supervisor/coach should comply?**

Confidentiality, regular supervision of supervision, continues education within the context of supervision

## **How would you like to see supervision/coaching to develop in Europe?**

I would like to see supervision develop to be an even more visible tool in the rich European field of making work-life better. I would also like to see more and more international co-operation take place.

*Johanna Wahlbeck Oy is a Helsinki based entrepreneur. She is an Art Philosopher (MA), Art Therapist, Supervisor (STOry qualified) and a Neemo Method Coach. She lives in Helsinki with her German fiancée, who is a neuroscientist. They both enjoy piano playing, scifi and international jokes.*

You can get to know her more at :

<https://oivallamme.fi/en/johanna-wahlbeck/> ■