

# Therapy Ideogram: A tool to facilitate supervision in psychotherapy

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**ABSTRACT.** Therapy Ideogram is a tool that can facilitate supervision in psychotherapy. Ideogram is a word derives from Greek *ἰδέα* *idéa* "idea" and *γράφω* *gráphō* "to write") and is a graphic symbol that represents an idea or concept, independent of any particular language, and specific words or phrases. Therapy ideogram is a set of ideograms corresponding to the number of people receiving therapy in a programme for a certain period of time. A therapy ideogram integrates basic information about the treatment, patients and therapists. It was firstly developed aiming to assist the supervision of therapists working in drug rehab centres in Cyprus. A typical therapy ideogram provides in a short of time many of the following details about each person receiving therapy in a drug rehab centre: referral code, sex, source of referral, phase of treatment (i.e. admission, assessment), number of therapists involved in patient's treatment, participation in group therapy or psychosocial activities, drug use status, whether treatment is active or suspended, whether intimates of the patient committed themselves to an actively support of the patient's treatment ("ally of therapy"), where part of the treatment is devoted to support patient's family. According to supervisors employed therapy ideogram for more than a year there are three significant advantages of using it: (a) it is a timesaving tool, (b) it provides at a glance a comprehensive 'picture' of therapy, and (c) it allows a comparative evaluation of a variety of significant information related to patients and given therapy. Examples of therapy ideogram will be presented and some insights to adapt this tool in different therapeutic settings will be further discussed.

**KEYWORDS.** Supervision, Addiction, Integrative Psychotherapy, Integration,