

Therapy Ideogram is a tool that can facilitate supervision in psychotherapy.

Ideogram is a word derives from Greek *ιδέα idéa* "idea" and *γράφω gráphō* "to write") and is a graphic symbol that represents an idea/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. It integrates basic information about the treatment, patients and therapists.

Therapy ideogram was firstly developed in 2010 aiming to assist the supervision of therapists working in drug rehab centres in Cyprus.

A typical therapy ideogram provides in a short of period of time many details about each person participate in therapy centre as follows:

referral code	sex	drug use status	source of referral	therapy ally
number of therapists involved in patient's treatment	participation in group therapy or psychosocial activities,	phase of treatment (i.e. admission, assessment),	whether treatment is active or suspended	whether intimates of the patient committed themselves into therapy

According to supervisors employed therapy ideogram for more than a year there are three significant advantages of using it:

It is a timesaving tool	It provides at a glance a comprehensive 'picture' of therapy	It allows a comparative evaluation of a variety of significant information related to patients and given therapy
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Platrites, K. (2015) Therapy Ideogram (revised). Archives of Cyprus Institute for Psychotherapy, Limassol Cyprus

