

## SEPI's 34th International Annual Conference, May 31st – June 2nd 2018

Drawing on Multiple Theories and Methods to Enhance Psychotherapy Practice and Research

## Therapy Ideogram: A tool to facilitate supervision in psychotherapy **Kyriakos Platrites** Cyprus Institute for Psychotherapy www.psychotherapycyprus.com



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

Ideogram Greek ίδέα 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 Cypru THERAPY IDEOGRAMREVISED A male participant in therapy Center: DECIDE" DRUG REHAB CENTER Date: 31/5/2018 Officer: MARX MAX Phase 1 Admission 96 A male participant who has been referred by public prosecutor An active therapist Phase 2 Assessment A therapist who accomplished his/her task # 87 F A therapist who is expected to provide his/her services Participating in a group therapy The use of drugs is not confirmed by tes Positive indications in drug use An ally supports the participant's therapy First phase of treatment: Admission Second phase of treatment: Assessment Third phase of treatment: Commitment Fourth phase of treatment: Change Fifth phase of treatment: Aftercare 1 A participant's referral code A female participant classified with the center by a public prosecutor and Total number of participants