Statement of Supervision Philosophy (2009)
Michael Adams, Ph.D.
Assistant Clinical Professor

Center Activities:
- Provision of individual, couples, and group therapy
- Supervision
- Teaching
  - Student Development 110, 117, and 358R
- Research
  - Virtue Psychology
  - Perfectionism

Theoretical Style:
- My primary theoretical orientation is Dialogic Hermeneutics, however, I also employ a lot of interventions from various systems theory from my training in couples and family therapy (e.g., Emotionally-Focused, Narrative, Solution-Focused, Strategic, and Internal Family Systems). I believe that the therapist-client relationship is a primary factor in helping another heal and change. Consequently, I work hard to create an environment which engenders trust and safety in order to form a strong therapeutic relationship.

Supervision Style:
- I utilize a developmental approach to supervision. Accordingly, I like to spend the beginning of supervision of really getting to know the therapist I will be supervising and assessing where their current skill level is at and in what ways they would like to learn and grow in their future as a clinician. I strive for a very collaborative process where the individual I am working with can feel safe to discuss any topic in their goal to become the clinician they want to become. I believe that focusing on both the therapeutic relationship as well as the supervisory relationship are essential and lead to growth as a therapist. I was also trained on focusing on all forms of communication (verbal and non-verbal) and therefore I like to watch video in order to be able to help identify the here-and-now process moments within a therapeutic session. Overall, I work to create a warm, collaborative environment where the trainee feels supported and able to talk about their successes as well as moments they feel they are struggling.