Statement of Supervision Philosophy
Kristin Hansen

Center Activities

- Individual Psychotherapy
- Supervision
- Teaching: Student Development 115 (Life Planning and Decision Making) which allows me to bring my therapy skills into the classroom.
- Groups: I regularly run a meditation and anxiety group. I also have an interest in DBT.
- Committees and Assignments: Conference Planning Committee, Campus Outreach Committee

Professional Interests

- Emotional Awareness (Affect Phobias, DBT)
- Mindfulness Meditation
- Learning theory
- Religion/spirituality and psychotherapy
- Acculturation and multiculturalism

Theoretical Style

- I have been trained primarily from a psychodynamic orientation, although I incorporate aspects interpersonal, cognitive behavioral and emotion focused theories in my work with clients. I work with clients by focusing on strengths and weaknesses in behavioral, cognitive and emotional patterns within a moral (rather than positive or pathological) framework. I help clients increase agency within relationships in the various contexts of their lives, with the therapy room being one context.

Supervision Style

- I really like supervision for many reasons. I believe supervision is the best way to learn the skills of therapy as it is the place where you can get training individually tailored to what you have learned, your personality, the personality fit you have with your supervisor, and what you want to learn from your supervisor. I love to teach and I learn a lot from trainees insightful, curious questions. I like to provide a nurturing supervision environment where a supervisee can feel comfortable developing strengths and competencies while being challenged by sharing fears and concerns about their therapy work.