Statement of Supervision Philosophy
Hoku Conklin, PhD

Center Activities

I am a member of the diversity and outreach committees. In CAPS, I provide supervision, individual, couples, and group psychotherapy, and co-lead the diversity seminar for interns/externs. In the campus community, I am a liaison to Multicultural Student Services, I teach a Student Development course (Effective Studying and Learning), and engage in research (multicultural issues, Polynesian American psychology).

Theoretical Style

I would describe my theoretical approach as integrative, with particular emphasis on interpersonal therapy and mindfulness-based cognitive interventions. My theoretical orientation is largely influenced by acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), cognitive behavioral therapy (CBT), and self-compassion.

Professional Interests

I enjoy group therapy, diversity and multiculturalism, identity development (particularly how these intersect), and college adjustment.

Supervision Style

I use a developmental approach to supervision, as I see this as a process of growth and exploration. Because this is part of a therapist’s training, I encourage supervisees to experiment with different techniques and use me as a resource for developing their own theory of change. I see supervision as a dynamic process. As such, I value feedback and like to adjust supervision to best meet the therapist’s needs. I strive to maintain a supervisory relationship that is collaborative and supportive, while also recognizing that I have administrative and evaluative roles as well.