Statement of Supervision Philosophy

By Jane M. Lawson, Ph.D.

Center Activities:  Associate Director, Clinical Director, Clinical Management Team, Research and Assessment Team

Provide supervision, individual, marital, and group counseling

Theoretical Style:  I believe that therapy is both an art and a science and believe in developing a personal style of doing therapy.  My orientation relies heavily on ACT, Acceptance and Commitment Therapy.  I also draw on developmental, psychodynamic, interpersonal, family systems, and experiential theories.  Most recently I am drawn to mindfulness and meditation and the role these can play in personal and spiritual development and helping one to be more accepting of self and behave in ways that are congruent with one’s values.

Professional Issues:  Group therapy, sexual concerns including homosexuality, abuse and trauma, family of origin issues, individual growth and development, and multicultural issues.

Supervision Style:  I work to incorporate a good balance of support and challenge in my supervision.  I hope to help supervisees develop their own style as I believe that therapy is both an art and a science and at the same time help them to enhance their style by looking at alternative conceptualizations and interventions.  I believe that becoming a therapist is a life-long process – it has been for me and continues to be-- as there is always something new to learn or consider. I value supervisees who are willing to learn and share their successes, frustrations, and failures. During supervision, I like to focus on observation of sessions, using the therapeutic interaction as a catalyst for discussing the supervisee’s conceptualization, the client’s responses, and treatment strategies.