Statement of Supervision Philosophy

Anna Packard

Center Activities:

I mainly conduct individual and group psychotherapy at the center. I work largely with individuals struggling with eating disorders and body image concerns. However, I see a variety of clientele with varying presenting problems and diagnoses as well as comorbidities. I initiated and co-lead an experiential-based eating disorder group each semester.

Professional Interests

- Group psychotherapy
- Eating Disorders
- Mood disorders
- Women’s issues

Theoretical Style:

My main approach for conceptualizing cases is from an Acceptance and Commitment Therapy lens. However, I am integrative in my approach and frequently use interpersonal/relational therapy, cognitive behavioral techniques, as well an emotion focused emphasis. I value here-and-now process and believe strongly that the therapeutic relationship is a vital tool to uncover underlying beliefs and attitudes and promote healthy change.

Supervision Style:

I take an interpersonal approach where I prioritize the needs of the supervisee. My goal is to create an environment where we can openly discuss specific clients and case conceptualization, as well as explore the trainee’s fears, hopes, frustrations, and successes. I value exploring blind spots and how the therapist reacts to clients in the therapy context. I enjoy watching tape and discussing here-and-now issues related to the client, therapist, and theoretical orientation. If the trainee is seeing an individual with an eating disorder, we will discuss how to conceptualize and monitor the client’s progress as well as employ specific eating disorder interventions.