

Statement of Supervision Philosophy (2015)

Jennie Bingham, Ph.D.

Assistant Clinical Professor

Center Activities:

Provision of individual, couples, and group therapy; supervision; Housing Liaison, including the instruction of New Heritage RA's in Student Development 358R; research; Outreach Coordinator

Theoretical Style:

I approach therapy from a relational, integrative model that draws on interpersonal process, cognitive-behavioral, experiential, existential, feminist, and emotion-focused theories and interventions. I work to assist clients through processes of growing, healing, and identity formation by fostering an environment in which they can further develop self-awareness and thus create a more purposeful integration of their emotional, cognitive, spiritual, behavioral, and relational self.

Professional Interests:

Relationship concerns, trauma, diversity, spiritual/religious issues, spiritual identity and sexual orientation, group therapy, mindfulness, suicide and assault prevention

Supervision Style:

In supervision I work to create an environment of support, trust and challenge appropriate to the developmental needs of my supervisees. I enjoy working collaboratively with clinicians in training and I find it to be an honor to be along for the ride as supervisees grow in confidence, competence, skill, and awareness of who they are in the room. In addition to challenging supervisees within their theoretical framework, I work to broaden and deepen their understanding and conceptualization of their client's concerns and their own professional development.