

# Statement of Supervision Philosophy

Davey Erekson, PhD

## Theoretical Orientation

At my core, I am a client-centered therapist. I believe that the right therapeutic environment (driven by empathy, unconditional positive regard, and genuineness) can free a person up and help them grow towards a richer, more fulfilling existence. I believe that I am not the expert in a therapy session, and that the client is. I believe that the therapeutic relationship is ultimately what will make a lasting impact on a client's life.

I also believe that, based on research evidence, other things can be helpful as well. I integrate **compassion focused therapy**, emotion-focused techniques (including the empty chair and the two chair techniques), the here-and-now, and even some behavioral and Rational Emotive Behavior Therapy ideas. When it comes to anxiety and OCD, I often incorporate exposure therapy and acceptance commitment therapy. I believe that psychologists are very good at articulating systems of psychotherapeutic change, and that these systems seem to be describing the same process using different terminology.

## Supervision Style

Parallel to my clinical practice, my supervision is supervisee-centered. I hope to create an environment that facilitates self-reflection and reflection on clinical practice. I am firmly in my supervisee's corner (positive regard), put effort into understanding their experience (empathy), and try to be as transparent and genuine as possible (genuineness). I like to look at video (because as I was supervised, videos felt risky, and because I now believe reviewing video may lead to more deliberate practice). I also, apparently, like parentheses. I believe supervision is a chance to grow together towards better serving clients and better understanding our therapist-selves. If a supervisee has specific goals, I enjoy sharing what I know or finding ways to learn together.

## Center Activities

- Assistant Director of Research & Technology
- Individual, couples, and group therapy
- Compassion focused therapy groups, general anxiety groups, social anxiety groups
- Clinical Management Team
- Research Assessment Team
- Counseling Center Conference coordinator
- Teaching: Compassion Focused Living, Writing in Psychology
- Supervision of therapy

## Professional Interests

- Compassion focused therapy research
- Psychotherapy process and outcome research
- Undergraduate student mental health
- Humanistic and experiential therapies

## Personal Interests

- Literature, music, and art
- Birding
- Creative writing
- Film (both watching and creating)