

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)