

Statement of Supervision Philosophy

Dianne Lindley Nielsen

Center Activities:

Heavy emphasis on clinical work

Teach Student Development classes (career exploration and effective study)

Team Leader

Clinical Management Team

Theoretical Style

Cognitive Behavioral. I have foundational training in Dialectic Behavior Therapy (DBT). I also have basic and advanced certifications in Rational Emotive Behavior Therapy.

Professional Interests

Treatment of anxiety disorders, especially OCD and social phobia

Skills training approach (DBT; social skills training)

Biofeedback

Spiritual and religious issues in psychology

Neuropsychology

Supervision Style

I have had excellent training in two behavioral therapies, and am willing to talk about my experience with these two approaches. I am deeply committed to individual clients, and find the experience of hearing/learning about/exploring another person's reality and perspectives as a seriously rewarding aspect of our profession. In supervision, I believe in exploring possibilities and alternatives, and sharing my own preferences or perspectives.