

Statement of Supervision Philosophy

Kara Cattani

Professional Interests

- Administration and consultation services
- Address interpersonal and intrapsychic patterns in psychotherapy, especially as seen in maladaptive personality patterns
- Help individuals sort through problems associated with anxiety and trauma; including dealing with fears, developing better interpersonal relationships and coping with post-trauma symptoms
- Help individuals address problems with emotional avoidance (especially as related to Anxiety Disorders)

What I Do at the Center

- I am currently the Clinical Director, dealing with many administrative duties related to clinical management.
- I enjoy providing individual therapy. I also enjoy leading process groups and am currently designing and evidenced based process group for self-compassion.
- I enjoy clinical supervision and the chance to both mentor and learn from doctoral students.

Theoretical Style

I describe my theoretical orientation as integrative, as I use a number of theoretical perspectives and techniques to guide my work as a therapist. This being said, it is also true that I often gravitate towards interpersonal and experiential theory. I often help clients recognize and explore interpersonal and intrapsychic patterns-where the patterns came from and what they were for – with the aim of developing new, adaptive interaction styles which allow for intimate connections and increased levels of social support. I also often focus my attention on difficulties my clients have around the experience of emotion. Emotion has been shown to be an important ingredient in the human change process, with emotional avoidance underlying many problematic behavioral patterns. My goal as a therapist is to help clients move towards what they value in life, as they accept and create new meaning out of difficult emotions and experiences that are inherent in daily life. It is my belief that this process generates new insights as well as trust in

one's self and one's experience. It is these factors, along with the genuine relationship that we create over the course of treatment that will provide the seeds for change.

Supervision Style

I like to offer supervisees an experience in which they can not only expand their therapeutic skills and repertoire (e.g. case conceptualization and treatment planning) but also explore personal, professional or ethical issues that arise in their therapy. My own experience with this style of supervision (sitting in the chair of the supervisee) had a tremendous influence on my professional growth and confidence in the therapeutic process. I enjoy the teaching element inherent in supervision and also value the learning that happens for me as I work with graduate students, whose interests and theoretical orientations may differ from my own.