

Statement of Supervision Philosophy (2014)
Dallas R. Jensen, Ph.D.
Associate Clinical Professor

Theoretical Style:

I would describe the philosophy underlying my clinical work as Existential. I try to help clients learn how to decrease suffering and increase living fully. At the level of intervention I draw from a variety of approaches generally focused on the following:

- Provide a place for clients to be heard and understood; ‘suffer with’ them, help them to engage their pain in a more self-compassionate way
- Aid clients to recognize and allow for internal experiences (emotions, thoughts, desires)
- Help clients move purposefully in the direction of values and goals and live into experiences that promote healing; Address impediments to natural growth
- Increase interpersonal effectiveness and quality relating
- Utilize existing strengths/abilities to meet goals, rather than solely focusing on remediating deficits and alleviating distress

Supervision Style:

I find supervision and training to be among the more enjoyable facets of working at a university counseling center. I strive to create a safe and trusting relationship with supervisees, mindful of the evaluative components but also acknowledging that we all have much to learn from each other in this work.

My supervisory style takes into account the developmental needs of supervisees, invites setting and working toward concrete goals, and pushes therapists-in-training to reflect critically on why they do what they do. I try to offer feedback honestly and on helping supervisees to allow their strengths to emerge, as well as talking openly about areas for more practice and growth.

I am also interested in checking in on professional development as supervisees navigate the various steps in their programs, discussing general issues in addition to therapy/client concerns, and focusing on the here-and-now process of supervision. Like anyone else, I also enjoy a good laugh, some chit-chat, and look forward to getting to know about and caring for supervisees I might work with.