

# **Statement of Supervision Philosophy**

Steve Smith

## **Center Activities**

1. Training Committee
2. Associate Director, Counseling & Career Center

## **Theoretical Style**

I have training in family therapy and primarily frame my work from a family systems point of view. I'm particularly interested in the theory of Dr. Murray Bowen. I believe that differentiation of the self through an understanding of one's family roles is of particular importance to an individual. I believe that the difficulties encountered by college students have a great deal to do with difficulties in separation and individuation as this is an important developmental task.

Since Dr. Bowen's theory, and other family systems theories, focus very little on technique, I use Gestalt and Cognitive-Behavioral (principally REBT) technique to help affect change. I've received training in Gestalt Therapy and have taken the primary and advanced practica in REBT.

## **Professional Interests**

For the past few years, I've conducted research on high school to college and high school to work transitions among American Indians. This research involves the CCC interns at least once during the year. They come with us to help work on the Student Education/Occupation Plans (SEOPs)

## **Supervision Style**

I follow a developmental model of supervision as I have the opportunity to supervise trainees who are seeing some of their first clients to trainees with several years of experience. Thus, my style varies on the experience of the trainee. If an individual in his/her first or second year, I supervise client treatment utilizing my own theoretical orientation. I'll press these clients to learn something about my own theoretical orientation and to attempt it in session.

If I'm supervising a more experienced trainee, I typically focus supervision on client treatment from the trainee's point of view. I believe these trainees need to be able to start functioning at a more independent level. I'll

frequently give an interpretation of counselor/client interaction from my own theoretical orientation and will teach this to a supervisee who's interested, but I expect these trainees to have a well-developed theoretical stance.