

Jonathan Cox, Ph.D.  
Assistant Clinical Professor, Psychologist

**Center Activities:**

- Group Coordinator
- Clinical Management Team
- Research Assessment Team
- Outreach Committee member
- Advisor to Student Outreach Council
- Supervision
- Individual therapy
- Couples therapy
- Group therapy

**Theoretical Style:**

- Cognitive Behavioral
- Humanistic Therapy
- Dialectical Behavior Therapy
- Relational Therapy
- Systems Therapy
- Rational Emotive Behavior Therapy
- Motivational Interviewing

**Professional Interests:**

- Individual and Group Psychotherapy
- Anxiety
- Autism Spectrum Disorders
- Student Outreach
- Couples Therapy

**Supervision Model:**

I view supervision as a collaborative effort to help the student further develop conceptualization, assessment, and therapeutic skills. I believe that advanced students should be acting as professionals, and I work in supervision in a way that facilitates development of clinical skills that can lead to fully functioning, effective, and ethical independent work in the future. I expect supervisees to come prepared for supervision with specific problems, questions, and cued video. I believe that it is important for students in supervision to be able to be open about what they are trying to do in therapy, where they are struggling, what their conceptualization of the client is, and what the student therapist may be experiencing that could get in the way of therapy. I try to be respectful but challenging in a way that allows students to explore the things that are keeping them from being more effective in therapy. I hope to develop trust in my supervisory relationships so that we can take

advantage of growth opportunities, and I believe that I have to be vulnerable as well for this to happen.