

Barbara Morrell
Associate Clinical Professor of Counseling Psychology

Center Activities: Just returned from a year working in the Counseling Center at BYU-Hawaii, working with an exceptionally diverse student body. Liaison to BYU community and community at large for sexual assault, and on Crisis Management Team. Have been on Clinical Management Team, Conference Committee, Research Committee.

Provide individual and couples therapy and group therapy, career counseling, supervision. Extensive experience treating trauma, in addition to the gamut of other psychological and developmental issues. Teach Career Exploration.

Theoretical Style: I favor Object Relations and Developmental theories in understanding client issues, but use an eclectic approach to treatment, including Interpersonal, Cognitive-Behavioral, REBT, guided imagery and relaxation training.

Professional Interests: I consider myself a therapist-in-the-trenches. Interests include treating trauma, modifying Perfectionism, Young Adult Development, Men's and Women's issues. My dissertation was on the after-effects of sexual abuse in men.

Supervision Style: I work at providing an open and collaborative supervision milieu, where therapists-in-training feel comfortable bringing their most difficult and sensitive supervision issues. I very much enjoy the supervisory relationship. I see learning to do therapy as a developmental process, where growth comes from experience, increased self-awareness, and honest dialogue and input from those more experienced; therefore I see good supervision as key to this process. I see a balance of "challenge" and "support" from the supervisor as essential for such growth. I support trainees in finding and/or refining their own theoretical style of practice, but am also willing to offer my own perspectives on conceptualization and treatment.