

## Postdoctoral Training Supervisors

At Psychology Specialists of Maine, our psychologists are skilled generalists who can work effectively with a wide range of clients and offer different approaches to meet their needs. Our psychologists provide general supervision across theoretical orientations and presenting problems and offer specializations to help you gain experience with specific client populations, presenting problems, and treatment modalities.

### Sue Jones, Ph.D.

#### **Theoretical Orientation**

- Cognitive-behavioral approaches blended with feminist, humanist, and interpersonal theory

#### **Clinical Areas of Expertise**

- Sexual trauma and eating disorders

#### **Approach to Supervision**

“I tailor my supervision to the experience and professional development needs of each supervisee. I use teaching, consulting, and counseling methods to offer growth in skills and professional identity as well as processing ways in which you may be affected personally in your clinical work and how to best manage these dynamics professionally. My hope is to create a safe environment for you to share your strengths and growing edges frankly as we help you achieve your professional development goals.”

### Michelle Kanga, Ph.D.

#### **Theoretical Orientation**

- Cognitive-behavioral therapy, dialectical behavior therapy, acceptance and commitment therapy, psychodynamic, and mindfulness-based approaches

#### **Clinical Areas of Expertise**

- Trauma and PTSD including cognitive-processing therapy and prolonged exposure

#### **Approach to Supervision**

“My approach to supervision is to help identify and build on a supervisee's strengths, teach relevant clinical techniques, teach ways to interpret content of sessions and aspects of the therapeutic relationship, and be responsive to a supervisee's needs in order to facilitate increased competence and confidence.”

### Kelly Parker-Guilbert, Ph.D.

#### **Theoretical Orientation**

- Cognitive-behavioral therapy with integrative use of psychodynamic, mindfulness, and dialectical behavior therapy approaches

### **Clinical Areas of Expertise**

- Trauma and PTSD including cognitive-processing therapy and prolonged exposure
- Psychodiagnostic assessment

### **Approach to Supervision**

“In supervision, I believe that a strong working case conceptualization is essential. I work with supervisees to develop such a conceptualization, then work to develop a tailored treatment plan based on the client's goals.”

### **Julie Quimby, Ph.D.**

*Founder and Clinical Director*

### **Theoretical Orientation**

- Integrative with basis in psychodynamic, relational, and emotionally-focused approaches

### **Clinical Areas of Expertise**

- Individuals and couples therapy including particular expertise in Emotionally-Focused Therapy

### **Approach to Supervision**

“In addition to supporting you in learning attachment framework and utilizing the EFT model to facilitate change for your clients, my supervision style emphasizes attention to “self of therapist,” helping you to use your own personal issues as resources rather than liabilities with your clients. Our work together will help you 1) work productively with negative emotions, such as reactive anger and depression, 2) learn to utilize a non-pathologizing framework of attachment theory as a map to help your clients heal through safe and secure connections, and 3) revitalize your clinical skills, confidence, and hopefulness as a therapist. Ultimately, I believe that EFT training and supervision will revolutionize your work with couples, families, and individuals.”

### **Heather Taylor, Psy.D.**

### **Theoretical Orientation**

- Integrative based in emotionally- focused, interpersonal, and psychodynamic approaches

### **Clinical Areas of Expertise**

- Health psychology and behavioral medicine
- Integrating alternative healing modalities into practice

### **Approach to Supervision**

“I'm drawn to supervision because it's a uniquely personal learning environment. The work I do tends to be long-term and centers around supporting people to be their authentic self. In supervision I provide support around achieving these aims with clients as well as finding authenticity in your professional practice.”

## Kate White, Ph.D.

*Director of Training and Staff Development*

### **Theoretical Orientation**

- Integrative with particular use of in dialectical behavior therapy and psychodynamic approaches

### **Clinical Areas of Expertise**

- Balancing insight-oriented growth and behavioral change in cases of chronic emotion dysregulation

### **Approach to Supervision**

“Supervision is a time for expanding your understanding of clients as well as developing your professional identity as a psychologist. I enjoy meeting supervisees at their level of professional development and working towards increasingly independent practice. I support supervisees in using their emotional reactions productively in understanding and intervening with their clients while building a dynamic and comprehensive case conceptualization.”

## Ron Young, Psy.D.

### **Theoretical Orientation**

- Emotionally-focused therapy, interpersonal/relational therapy, cognitive behavioral therapy, and systems perspectives with skill-building in domains of mindfulness and executive functioning

### **Clinical Areas of Expertise**

- Individuals and couples therapy with history of working with children and families
- Growing expertise in Emotionally-Focused Therapy

### **Approach to Supervision**

“I describe myself as a person-centered supervisor. The relationship between supervisor and supervisee is important and in turn allows the supervisee to invest considerable attention to the importance of the relationship between themselves and their clients. I work with the supervisee’s ability and motivation to grow and explore the therapeutic relationship as well as themselves.”