



Postdoctoral Residency 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 and treatment modalities.

Martha Barry, Ph.D. (she/her)

Profile: <https://www.psychologyspecialistsme.com/dr-martha-j-barry>

Theoretical Orientation

- Integrative with emphasis on mindfulness- and acceptance-based approaches and relational cultural therapy

Clinical Areas of Expertise

- Self-care and mind-body practices to support mental health and wellness
- Health psychology, women's health, perinatal mental health
- First generation and multicultural students and impact across the lifespan

Approach to Supervision

"I consider supervision to be a special, growth-fostering relationship that serves to support and empower you at a unique time in your professional and personal life. I was fortunate to have been nurtured in kind and loving ways during my own development as a psychologist and am always honored to continue in this same manner with those I supervise. I tend to see this as a transformational partnership with a flexible use of teaching, mentoring, consulting, and coaching to best support you and your clients."

Chelsea Cogan, Ph.D. (she/her)

Profile: <https://www.psychologyspecialistsme.com/dr-chelsea-cogan>

Theoretical Orientation

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

Clinical Areas of Expertise

- Trauma and PTSD including cognitive processing therapy and prolonged exposure
- Sleep disturbance including cognitive behavioral therapy for insomnia and exposure, relaxation, and rescripting therapy for post-trauma nightmares

Approach to Supervision

"Supervision is a space to develop your professional identity as a psychologist as well as expand on your skills in working with clients. I work with supervisees to identify both strengths and growth areas in all arenas associated with being a psychologist, with the ultimate goal of increasing your confidence and competence in serving the clients you work with. I find the best way to achieve these goals is through a strong supervisor/supervisee relationship grounded in open and honest communication."

Lauren Dattilo, Ph.D. (she/her)

Coordinator for the Center for Education

Profile: <https://www.psychologyspecialistsme.com/dr-lauren-dattilo>

Theoretical Orientation

- Integrative, drawing primarily from acceptance and commitment therapy, cognitive-behavioral therapy, and community psychology principles

Clinical Areas of Expertise

- Identity development
- Trauma
- ADHD assessment and treatment

Approach to Supervision

“In supervision, I emphasize collaboration on establishing growth edges and helping supervisees utilize their strengths and curiosities. My approach integrates my Community Psychology and ACT knowledge with supervisees’ own theoretical orientations and techniques. Together, we will work to create well-rounded case conceptualizations and treatment plans that acknowledge relevant contextual factors and increase clients’ movement towards increased psychological flexibility and sustainable, long term change. I also incorporate regular assessment/check-ins to ensure that supervisees feel supported and are benefitting from our work together.”

Rae Egbert, Psy.D. (they/them)

Coordinator for LGBTQ+ Services

Profile: <https://www.psychologyspecialistsme.com/dr-rae-egbert>

Theoretical Orientation

- Influenced primarily by third wave cognitive-behavioral approaches, with integrative use of relational and emotionally-focused approaches

Clinical Areas of Expertise

- Individuals who identify as gender and sexual minorities
- Veterans and First Responders
- Trauma, adjustment, and stress-related conditions
- Substance-related and addictive behaviors

Approach to Supervision

“Supervision as a postdoc is such a unique time in your training, one that I valued immensely in my own training! As much as I believe it serves to help guide clinical skill building and efficacy, I also see this time as an opportunity to foster confidence and feelings of competency. I believe strongly in the developmental and mentorship model of supervision at this stage in your professional journey. I view my role as supervisor as a guide, helping you to find yourself and your values in your work.”

Kacey Lane, Psy.D. (she/her)

Profile: <https://www.psychologyspecialistsme.com/dr-kacey-lane>

Theoretical Orientation

- Integrative, drawing from cognitive-behavioral, interpersonal, psychodynamic, and multicultural theories

Clinical Areas of Expertise

- Perfectionism and anxiety disorders, identity development, and interpersonal concerns
- Working with emerging adults

Approach to Supervision

“I approach supervision from a developmental perspective and with the goal of collaboration. We will work together to help you become a more confident and effective clinician. Supervision will be tailored to your individual needs. We will focus on refining your clinical skills, reflecting deeply on the therapy process, and developing your professional identity.”

Michelle Kanga, Ph.D. (she/her)

Profile: <https://www.psychologyspecialistsme.com/dr-michelle-kanga>

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.”

Andrea Medaris, Psy.D. (she/her)

Lead Supervisor for EFT Couples Therapy Training

Profile: <https://www.psychologyspecialistsme.com/dr-andrea-medaris>

Theoretical Orientation

- Humanistic and experiential, with influences from dialectical behavioral therapy and internal family systems

Clinical Areas of Expertise

- Emotionally-focused couple therapy
- Complex trauma and PTSD
- LGBTQ+ and polyamory/non-monogamy

Approach to Supervision

“My approach to supervision is similar to my therapeutic orientation in that I prioritize the vision of my supervisee over my own ideas about treatment philosophy. I do my best to work within your model rather than imposing my own. I will provide explicit direction when necessary or requested, but my primary goal is to provide a safe context for exploration and thought, so that you can feel comfortable in confusion or in asking questions. I also highly prioritize self-of-therapist work, both for support and for learning how to use your own body/history/intuition to deepen and strengthen your therapy.”

Ryan Noel, Psy.D. (he/him)

Profile: <https://www.psychologyspecialistsme.com/dr-ryan-noel>

Theoretical Orientation

- Liberation psychology, critical pedagogy
- Pragmatism
- Humanistic

Clinical Areas of Expertise

- Individuals who identify as gender and sexual minorities
- Substance-related and addictive behaviors, Harm reduction
- Identity development
- Group therapy

Approach to Supervision

“In my role as a clinical supervisor, I embrace the principles of liberation psychology to guide my approach. Liberation psychology is rooted in the belief that psychological well-being is deeply interconnected with social justice and collective liberation. As a supervisor, I prioritize creating a nurturing and empowering space for my supervisees. I encourage critical reflection on the impact of power dynamics, social inequities, and systemic oppression on both clients and therapists. My supervision style emphasizes collaboration, open dialogue, and self-awareness. Together we will continue to explore our own identities and positionality, fostering a deeper understanding of the cultural and contextual factors that influence the therapeutic process. I strive to support my supervisees in developing an anti-oppressive and socially conscious therapeutic approach. Through our supervision sessions, we explore innovative interventions and strategies that honor the agency and resilience of clients while addressing the systemic barriers they face, with the aim to empower clients to reclaim their narratives and work towards their own liberation.”

Kelly Parker-Guilbert, Ph.D. (she/her)

Profile: <https://www.psychologyspecialistsme.com/dr-kelly-parker-guilbert-1>

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. (she/her)

Founder and Director of PSM

Profile: <https://www.psychologyspecialistsme.com/dr-julie-quimby>

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.”

Katie Quinn, Psy.D. (she/her)

Profile: <https://www.psychologyspecialistsme.com/dr-katie-quinn>

Theoretical Orientation

- Integrative, pulling from cognitive-behavioral, interpersonal, and psychodynamic approaches

Clinical Areas of Expertise

- Assessment and testing across the lifespan
- Substance abuse (particularly support for friends and family)
- Autism spectrum disorder
- Personality disorders (DBT)
- Working with individuals who immigrated to the U.S.
- Treating individuals with illness anxiety and somatic symptom disorder

Approach to Supervision

"My aim as a supervisor is to foster feelings of competence and confidence in order to prepare my supervisee for effective independent practice. I believe that identifying professional goals and considering how personal needs and pursuits may impact development as a psychologist are both important. In addition to case consultations, supervision time will include a focus on "self of therapist," including emotional reactions to clients and how conceptualizations of self (both personal and professional) may be impacting clinical work. In supervision of testing cases, I will focus on the development of effective clinical writing skills as well as thorough integration of data to create a conceptualization of the client. I believe that well-written evaluation reports help clients and their families better understand both their strengths and areas of difficulty, explain their psychological experiences using easily understandable language, and provide specific next steps to improve functioning."

Michael Tartaglia, Psy.D. (he/him)

Director of Clinical Operations

Profile: <https://www.psychologyspecialistsme.com/dr-michael-tartaglia>

Theoretical Orientation

- Integrative with a basis of psychodynamic and interpersonal/relational approaches as well as cognitive-behavioral, dialectical behavior, and solutions-focused approaches

Clinical Areas of Expertise

- Trauma, mood disorders, severe and persistent mental illness
- Working with veterans and young adults

Approach to Supervision

"I view supervision as a developmental process just as much as it is an educational one. I use the first couple of meetings to figure out with you where you are in your development as a therapist, what your goals are, and what your strengths and learning curves would be in our work together. We then use our supervision to explore not only the struggles in your clinical work but also your transference and countertransference reactions to your clients. I greatly appreciate supervisor/supervisee relationships that are open to exploring what we find rewarding and challenging in our clinical work, where we can continue to grow as therapists, and to highlight accomplishments and provide validation of the great work that is done."

Heather Taylor, Psy.D. (she/her)

Profile: <https://www.psychologyspecialistsme.com/dr-heather-taylor>

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.”

Dave Weiss, Ph.D. (he/him)

Profile: <https://www.psychologyspecialistsme.com/dr-david-weiss>

Theoretical Orientation

- Primarily a cognitive behavioral approach with integration of psychodynamic and biobehavioral approaches to guide assessment, case conceptualization, and therapeutic techniques.

Clinical Areas of Expertise

- Psychotic disorders across the lifespan
- Health psychology tobacco treatment, caregiving stress, and psychological responses to medical diagnosis and treatment
- Group therapy

Approach to Supervision

“For me, supervision is meant to promote a supervisee’s clinical skills and their development as an independent professional psychologist. I am mindful of APA benchmarks and use them as a basic framework to supervision while allowing for flexibility by incorporating a supervisee’s reflections and self-assessment. My hope is to foster a supervisory relationship that is a respectful and collaborative relationship, which in practice is facilitated via bi-directional and ongoing feedback.”

Kate White, Ph.D. (she/her)

Director of Training and Staff Development

Profile: <https://www.psychologyspecialistsme.com/dr-kate-white>

Theoretical Orientation

- Integrative with particular use of dialectical behavior therapy as well as cognitive-behavioral and interpersonal approaches

Clinical Areas of Expertise

- Balancing insight-oriented growth, radical acceptance, and behavioral change in cases of chronic emotion dysregulation
- Chronic suicidality, depressive disorders, trauma, and personality disorders

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. (he/him)

Profile: <https://www.psychologyspecialistsme.com/dr-ron-young>

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

- Lifespan development with history of working with children and families

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.”