

Kristin Reynolds, Ph.D.

Students completing general practica under my supervision at the Psychological Service Centre typically work with 5 or 6 individual adult and older adult clients with a range of presenting problems. My goal as a supervisor is to help students to develop and refine foundational clinical skills in case conceptualization, assessment, and intervention. Though this training opportunity will focus on intervention, students will have the opportunity to integrate assessment measures into initial intake interviews, and conduct a personality assessment or a cognitive assessment depending on client need and interest as well as student interest.

In initial supervision meetings, I will review referrals with my students. Students will then complete semi-structured individual intake interviews with referrals, which I will attend. Following the intake interview, the student and I will engage in case conceptualization and treatment planning. Therapeutic orientations that may be used under my supervision include: cognitive behavioral therapy, cognitive processing therapy, client-centered therapy, mindfulness and acceptance-based interventions, solution-focused therapy, motivational interviewing, and stress-management strategies.

I meet with students for 90-minute individual supervision sessions per week, which consist of reviewing chart notes, conceptualizing and discussing client issues, viewing videotape of therapy sessions, and planning next steps in intervention. I also meet with students for group supervision sessions when possible. My supervision is currently supervised by Drs. Hal Wallbridge and Corey Mackenzie as I complete the Psychological Association of Manitoba registration process.