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PRONOUNS: SHE/HER/HERS



Multiculturally aware and humanistic approaches provide the foundation of my integrative theoretical orientation. I see all persons as unique and complex individuals who are products of their biology, family and cultural values, and socialization. I consider the influence of a variety of cultural factors on clients' worldviews, struggles, and treatment needs. My multiculturally aware approach also encompasses a feminist approach, stressing the effects of oppression/privilege, the importance of empowerment, and the need for equality. Empathy, genuineness, and positive regard are essential to my rapport-building with clients. I draw primarily from interpersonal psychotherapy and cognitive-behavioral theory in my theoretical conceptualization, and I most often use a blend of interpersonal, experiential, and cognitive-behavioral techniques/interventions in my work with clients. I work collaboratively with clients to establish goals, to challenge readiness for change, and to work flexibly with interventions. We work together to increase awareness of intra- and interpersonal styles, to bring emotions into the here-and-now experience, to facilitate a corrective emotional experience through our relationship, and to establish new ways of thinking and behaving.

My supervision style is similar in its multiculturally aware and humanist foundations. I also approach supervision from a developmental base, meeting the trainee where s/he is at. I strive to create a safe and supportive environment, I draw attention to strengths to increase self-efficacy, and I work collaboratively with trainees to encourage progress in their growth areas. I see my role as a supervisor as including aspects of teaching, counselor professional/personal development (e.g., exploring countertransference), and consultation.

Professional areas of interest for which I am most passionate include cultural diversity (in its broadest sense), eating disorders, gender issues, group therapy, relational issues, and grief processing. I love balancing my work weeks with clinical work, training, outreach activities, and administrative committees.