

KRISTEN SIEVERT, PHD

STAFF PSYCHOLOGIST
GRIEF AND SUICIDE
PREVENTION COORDINATOR

PRONOUNS: SHE/HER/HERS



I take an integrative approach to therapy that is grounded in person-centered and interpersonal process principles. I believe that in part the foundation for change lies in the quality of the therapeutic relationship. I focus on providing clients a safe environment that allows them to fully explore their experiences in a safe context. To create this environment and relationship I use a client-centered approach that includes genuineness, warmth, empathy, and respect. My work with clients is collaborative and allows for flexibility in the counseling room to meet clients where they are at in the change process. I believe that client concerns are in part related to incongruence between the self (perceived reality) and the ideal self (expected). These difficulties are often exacerbated by the way a person cognitively structures his/her world. Therefore, I work with clients to help them increase feelings of empowerment and diminish conditions of worth, leading to more congruence within the individual. I also aim to help clients perceive themselves more accurately and learn to accept strength and weakness as part of their overall positive nature as well as learn to trust their feelings and thoughts and take action to overcome feelings of powerlessness and helplessness. Within my work with clients I take a multiculturally aware approach that is based on defining goals and utilizing interventions that are consistent with the life experiences and cultural values of the client.

I have a variety of clinical interests and enjoy working with a wide-range of presenting concerns. Areas that I am most passionate about and have specialized training in include grief and loss, body image and eating disorders, gender issues, and trauma.

I highly value and enjoy providing supervision and find it to be one of the most meaningful parts of my work. My supervision approach is consistent with my approach to working with clients in that I aim to provide a comfortable environment for supervisees to explore their work with clients in an open and meaningful way. One way that I strive to create a safe space for supervisee growth is by being genuine, empathic, warm, and nonjudgmental. I also strive to bring myself into the supervision room in an authentic and genuine way to help develop the supervisory relationship and allow supervisees to gain trust in the process. I view my role as supervisor as helping the supervisee gain self-confidence, greater self-awareness, and continue to grow in the understanding of the therapeutic process. Additionally, I take a developmental approach when working with supervisees, matching my approach to the supervisee's level of motivation, autonomy, and awareness. I aim to have supervisees work at the edge of their comfort level to help them continue to learn, grow, and challenge themselves.

Outside of work, I enjoy spending time with family, friends, and my dog Bailey. I like to be active and am often outside running, walking, playing disc golf, or camping. I find my best stress relievers are playing the piano, watching shows on Netflix, and baking.