

CHRISTIAN WIMMER, PHD

TRAINING DIRECTOR
ASSISTANT DIRECTOR

PRONOUNS: HE/HIM/HIS



My theoretical orientation is grounded in humanistic theory. I believe in the authentic self and that we feel more fulfilled in our lives when our actions are congruent with who we are. I see therapy as a safe place to explore the metaphorical “bumps in the road” that have disrupted healthy development along the way. Within the context of the therapeutic relationship, the client is able to receive insight, heal old wounds, and practice new ways of being. To encourage this process I draw on relational, interpersonal, and narrative therapy styles. I find that from this humanistic and relational base I am able to utilize specific modalities such as short-term Dynamic therapy, Acceptance and Commitment therapy, and Emotion Focused therapy. At the end of the day I hope my clients feel more authentic, accepted, cared for, and empowered.

I highly value being a part of a therapist’s development and training. I believe in meeting the supervisee where they are developmentally as a clinician. I see therapy as so much more than implementing treatment plans; I see it as an art that is meant to be congruent with the person who creates it. Supervision is a time to conceptualize, watch tape, explore various therapeutic directions, receive feedback, and to understand and manage relational dynamics and transferences. No matter what the theoretical orientation, I believe it is essential for psychologists to understand and be able to articulate what they are doing and why they are doing it.

Even though I consider myself a generalist, the areas of professional interest I am most passionate about include trauma recovery, men’s issues, identity development, process addictions, social justice, couples counseling, and group therapy.

Outside of the office you may find me fly fishing, golfing, or attending my son’s soccer game. I value spending time with the people who matter most to me such as my family, friends, and colleagues. I also enjoy taking time for myself where I can be quiet and meditative.