Michael Christensen RCC-ACS

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There are few things I enjoy more than the privilege of playing a role in the growth and development of people on their journey to become masterful in the field of counseling and therapy. I've been very fortunate to have had several wonderful teachers, mentors, coaches, guides, and supervisors pour into me and shape the way I approach supervision. I have a master's degree in counseling psychology and extensive training in the TEAM CBT approach developed by Doctor David Burns. As a level 5 Master trainer in TEAM CBT I've had the opportunity to present, teach, and train therapists online and in workshops around the world. In my work as Director of Professional Development at the Feeling Good Institute we have developed an intern training program and I've recently co-authored a book entitled Deliberate Practice of TEAM CBT. Alex Vaz and Tony Rousmaniere approached Maor Katz and I to co-author this book. It is a training manual on how to become a skilled TEAM CBT therapist using deliberate practice. This approach plays a significant role in informing the way I do supervision. Starting from supportive contact and connection then building with refined practice in particular skills and surrounding that with systems that allow for high level application of administrative tasks that fit with ethical principles. This framework has been infused with a variety of cultural and ethnic learning opportunities that have given me insight into how to navigate these dynamics, and a deeper awareness of what I do not know. I've been highly affirmed by both my supervisors as well as trainees and supervisees in my work. Watching young and developing therapists grow in their skill set continues to fuel my passion for this work.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Peer Supervision
- Peer Consultation

Type of Services

- Online/Remote