

ST3-PSY-AOP-EPA8 – Psychotherapy introductory supervisory skills

Area of practice	Psychotherapies	EPA identification	ST3-PSY-AOP-EPA8
Stage of training	Stage 3 – Advanced	Version	v0.5 (EC-approved 10/04/15)
The following EPA will be entrusted when your supervisor is confident that you can be trusted to perform the activity described at the sophisticated standard of a practitioner with certificate training in psychotherapy. Your supervisor feels confident that you know how to conduct supervision of a Stage 1 or 2 psychiatry trainee or allied health professional in your chosen modality of psychotherapy.			
Title	Introductory training in supervisory skills in psychotherapy.		
Description Maximum 150 words	The trainee should be able to supervise aspects of a chosen modality of psychotherapy undertaken by a psychiatry trainee (Stage 1 or 2) or allied health professional at a basic level, paying attention to the assessment and formulation of the case, the establishment of a treatment frame and contract and monitoring of the progress and processes of the case and any complications that may arise. At this introductory level, it is expected that the certificate trainee will have engaged in formal educational workshops or seminars around psychotherapy supervision while concurrently using supervision with their own supervisor.		
Fellowship competencies	ME		HA
	COM	1	SCH 2
	COL	3	PROF 1, 2, 3
	MAN		
Knowledge, skills and attitude required The following lists are neither exhaustive nor prescriptive.	<p>Competence is demonstrated if the trainee has shown sufficient aspects of the knowledge, skills and attitude described below.</p> <p>Ability to apply an adequate knowledge base</p> <ul style="list-style-type: none"> • Understanding the relevant process method and therapy stages of the chosen modality of therapy and how to discuss these in supervision. • Awareness of the coincident employment of adjunctive treatments including medication, knowledge of any evidence of adverse effects in combining adjunctive treatments with the chosen psychotherapy and the role of liaison with other practitioners if indicated. • Knowledge of different teaching and supervisory approaches for psychotherapy supervision. <p>Skills</p> <ul style="list-style-type: none"> • Demonstrates accurate descriptive and reflective skills in conducting supervision. 		

	<ul style="list-style-type: none"> • Adopts a supportive and constructive supervisory style that can nevertheless address trainee difficulties and deficiencies. • Demonstrates an awareness of the supervisee's own limits and boundaries. • Promotes reflective practice. <p>Attitude</p> <ul style="list-style-type: none"> • Empathic, respectful and non-judgmental. • Committed to ensuring a supportive and reflective supervisory stance. • Ethical, well bounded, safe and professional.
Assessment method	Progressively assessed during individual and clinical supervision, including three appropriate WBAs.
Suggested assessment method details	<ul style="list-style-type: none"> • Case-based discussion – with written and verbal presentation. • Direct Observation of Procedural Skills (DOPS).
<p>References</p> <p>GABBARD G, BECK J & HOLMES J, eds. <i>The Oxford textbook of psychotherapy</i>. Oxford: Oxford University Press, 2007.</p> <p>HESS A, HESS K & HESS T. <i>Psychotherapy supervision: theory, research and practice</i>. 2nd edn. New Jersey: John Wiley and Sons, 2008.</p>	

COL, Collaborator; COM, Communicator; HA, Health Advocate; MAN, Manager; ME, Medical Expert; PROF, Professional; SCH, Scholar