

<<Mandatory Certificate EPA>>

ST3-PSY-FELL-EPA1 – Supervision and co-management

Area of practice	Psychotherapies	EPA identification	ST3-PSY-FELL-EPA1	
Stage of training	Stage 3 – Advanced	Version	v0.5 (EC-approved 10/04/15)	
<p>The following EPA will be entrusted when your supervisor is confident that you can be trusted to perform the activity described at the basic standard of a practitioner with foundational training in psychotherapy. Your supervisor feels confident that you know how to arrange, participate in and utilise supervision in a manner consistent with the competency of a generalist advanced trainee or early-phase certificate trainee, as well as collaborate and liaise with other treatment providers involved in the patient’s treatment.</p>				
Title	Foundational use of supervision and co-management approaches in psychotherapy.			
Description Maximum 150 words	<p>The trainee should be able to establish a treatment frame that involves the establishment and appropriate use of supervision of the psychotherapeutic treatment and appropriate liaison with other treatment providers which may include the patient’s general practitioner, another psychiatrist or other practitioners who may also be medication prescribers or referrers for the psychotherapy. In doing this, the trainee adopts the appropriate use of materials for supervision related to the chosen modality of psychotherapy (process notes, recordings, ratings, homework, etc.) to facilitate improving reflective psychotherapy practice through supervision. The trainee also adopts appropriate methods of communication and liaison with other treatment providers (oral, written, etc.), demonstrating an ability to communicate effectively about psychotherapy processes and issues with an awareness of the need to balance confidentiality and privacy of the treatment relationship against the requirement to report and liaise.</p>			
Fellowship competencies	ME	3, 4, 5, 7	HA	
	COM	1, 2	SCH	
	COL	1, 2, 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"> Adopting the appropriate use of materials for supervision related to the chosen modality of psychotherapy (process notes, recordings, ratings, homework, etc.) to facilitate improving reflective psychotherapy practice through supervision. 			

	<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 and describe them in communication with other treatment providers. • 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. <p>Skills</p> <ul style="list-style-type: none"> • Develops a sophisticated biopsychosociocultural formulation incorporating constructs relevant to the chosen modality of psychotherapy. • Demonstrates accurate descriptive and reflective skills in supervision. • Formulates and plans an approach to fit the needs, capacity and limits of the patient. • Demonstrates an awareness of the therapist's own limits and boundaries. • Able to communicate the treatment rationale, approach, progress and any process issues effectively with other treatment providers. • Assesses the use of supervision. <p>Attitude</p> <ul style="list-style-type: none"> • Patient centred, empathic, respectful and non-judgmental. • Committed to ensuring a working therapeutic alliance. • 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 of the identified issues or problems, undertaken during the course of two training cases progressively assessed during session-to-session individual supervision. (Certificate trainees with an accredited psychotherapy supervisor.) • Direct Observation of Procedural Skills (DOPS).
<p>References</p> <p>BLOCH S, ed. <i>An introduction to the psychotherapies</i>. 4th edn. Oxford: Oxford University Press, 2006.</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