



## **Clinical Competencies - Guidance Notes for Applicants, Assessors and Interviewers**

**The applicant must be able to demonstrate:**

### **Knowledge of Theory**

- 1) A thorough understanding of the psychoanalytic theories which underpin their clinical practice.
- 2) An awareness of other psychoanalytic schools.
- 3) Familiarity with recent developments in psychoanalytic theory and their value.
- 4) A working knowledge of a contemporary psychoanalytic understanding of psychological development.

### **Application of theory to clinical practice**

- 1) A psychoanalytic understanding of psychopathologies.
- 2) Experience in assessing a client's suitability for psychotherapy taking account of their psychological mindedness and ego strength.
- 3) A capacity to use psychoanalytic concepts to formulate a hypothesis of an individual's clinical problem and identify a therapeutic approach accordingly.
- 4) A capacity to evaluate risk in the clinical context and balance it against likely therapeutic gains.
- 5) Awareness of the clinical setting in which the individual practices and how aspects of that setting impact on the work with different individuals.
- 6) An understanding of the significance of boundaries, breaks and endings in clinical practice.
- 7) A capacity to reflect on the power imbalance inherent in clinical practice and the use of the therapist's authority in relation to transference, boundaries and resistance.
- 8) Awareness of diversity in culture, gender, ethnicity, religion, age and physical and cognitive ability and implications for practice.

## **Engagement with Self**

- 1) A willingness to reflect on their personal history and their reasons for choosing the profession of psychotherapy.
- 2) Awareness of how their own life experiences might enable or make more challenging particular aspects of their clinical work.
- 3) Understanding of how their own emotional responses to a client/patient's material might further the work.
- 4) Awareness of the impact of clinical practice on their own psychological well-being.
- 5) Recognition of their own needs for emotional and psychological support and for self-expression outside of the work context; and examples of how these needs are provided for.