

Ability to maintain an analytic attitude

Generic therapeutic competences

Knowledge and understanding of mental health problems

Knowledge of, and ability to operate within, professional and ethical guidelines

Knowledge of a model of therapy, and the ability to understand and employ the model in practice

Ability to engage client

Ability to foster and maintain a good therapeutic alliance, and to grasp the client's perspective and 'world view'

Ability to deal with emotional content of sessions

Ability to manage endings

Ability to undertake generic assessment (relevant history and identifying suitability for intervention)

Ability to make use of supervision

Basic analytic/dynamic competences

Knowledge of basic principles and rationale of analytic/dynamic approaches

Ability to assess the likely suitability of an analytic/dynamic approach

Ability to engage the client in analytic/dynamic therapy

Ability to derive an analytic/ dynamic formulation

Ability to establish and manage the therapeutic frame and boundaries

Ability to work with unconscious communication

Ability to facilitate the exploration of the unconscious dynamics influencing relationships

Ability to help the client become aware of unexpressed or unconscious feelings

Ability maintain an analytic/dynamic focus

Ability to identify and respond to difficulties in the therapeutic relationship

Ability to work with both the client's internal and external reality

Specific analytic/dynamic techniques

Ability to make dynamic interpretations

Ability to work in the transference

Ability to work with the counter-transference

Ability to recognise and work with defences

Ability to work through the termination phase of therapy

Problem specific competences/specific adaptations

Mentalisation based treatment for Borderline Personality Disorder (Bateman & Fonagy)

Transference Focused Psychotherapy for Borderline Personality Disorder (Clarkin).

Interpersonal Group Psychotherapy for Borderline Personality Disorder (Marziali)

Panic focused psychodynamic psychotherapy

Supportive-Expressive Therapy

Psychodynamic Interpersonal Therapy

Time limited, interpretive group therapy for pathological bereavement

Metacompetences

Generic metacompetences

Capacity to use clinical judgment when implementing treatment models

Capacity to adapt interventions in response to client feedback

Analytic-specific metacompetences

Ability to make use of the therapeutic relationship as a vehicle for change

Ability to apply the model flexibly in response to the client's individual needs and context

Ability to establish an appropriate balance between interpretative and supportive work

Ability to identify and skillfully apply the most appropriate analytic/dynamic approach