FOUNDATIONS OF DISCIPLINE #7: ENGAGES IN THE PROVISION OF A SHORT-TERM, EVIDENCE BASED PSYCHOTHERAPY

Short Description:
Learner should be able to assess a patient for suitability or interpret an existing assessment through that frame. Learner should be aware of the fundamental common factors that hold across multiple psychotherapeutic modalities. Establish a therapeutic frame and manage boundaries and countertransference that are integral to this process.

Assessment Plan Summary:
-Psychotherapy Case Supervision

Milestones:

Establish a therapeutic frame
1. Establish a regular schedule
2. Establish other norms around the meeting including appropriate language, location etc.
   - Establish and communicate rules around lateness and absences

Set boundaries and be aware of crossings
1. Be aware of boundary crossings by the patient
2. Be aware of learner’s boundary crossings
   - Manage simple crossings like small gifts and changes to frame
3. Devise an approach to communication by phone and electronic means

Manage reactions to patients
1. Articulate reactions in supervision
2. Use reactions therapeutically

Differentiate between objective and subjective countertransference
1. Use objective countertransference therapeutically
2. Devise an approach to manage and self-regulate affect

Scope: Ongoing therapeutic relationship with a patient