

**Supportive Psychotherapy ITER** (May, 2009)

<b>1</b> Unsatisfactory	<b>2</b> Below Expectations	<b>3</b> Meets Expectations	<b>4</b> Above Expectations	<b>5</b> Excellent
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**Learning Objectives if doing only 1 supervised case (minimum of 6 sessions) (Working Knowledge):**

1. Demonstrates an empathic, respectful, curious, open, non-judgmental collaborative stance.

1                      2                      3                      4                      5          N/A

2. Demonstrates capacity to focus on objectives of improving the patient's self-esteem, minimizing or preventing recurrence of symptoms, and maximizing the patient's adaptive capacities.

1                      2                      3                      4                      5          N/A

3. Able to support, promote and recognize the patient's ability to achieve goals that will promote his or her well-being, such as promoting self-esteem, managing symptoms and maximizing the patient's adaptive capacities.

1                      2                      3                      4                      5          N/A

4. Demonstrates the ability to understand the patient as a unique individual within his or her family, socio-cultural, and community structure.

1                      2                      3                      4                      5          N/A

5. Is able to confront in a non-threatening, collaborative manner behaviors that are dangerous or damaging to the patient.

1                      2                      3                      4                      5          N/A

**Comments:**

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Resident's Signature / Date

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Supervisor's Signature / Date

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1	2	3	4	5
Unsatisfactory	Below Expectations	Meets Expectations	Above Expectations	Excellent

**For >1 case - Learning Objectives include above, plus:**

6. Is able to recognize and identify affects in the patient and himself or herself.

1                      2                      3                      4                      5                      N/A

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7. Is responsive to the patient and gives feedback and advice when appropriate, balanced with the patient's needs for autonomy.

1                      2                      3                      4                      5                      N/A

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8. Is able to appropriately improve morale and adaptation.

1                      2                      3                      4                      5                      N/A

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9. Provides strategies to manage problems with affect regulation, thought disorders, relationships, morale, potential sources of anxiety or worry, or impaired reality testing.

1                      2                      3                      4                      5                      N/A

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10. Provides education and advice about the patient's psychiatric condition, treatment, and adaptation while being sensitive to specific community systems of care and socio-cultural issues.

1                      2                      3                      4                      5                      N/A

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**Comments:**

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Resident's Signature / Date

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Supervisor's Signature / Date