

The Psychologists Board of Western Australia

APPLICANT'S PROGRAMME - COUNSELLING PSYCHOLOGY Checklist of Specialist Skills and Knowledge

INTRODUCTION

Psychologists entering supervision for registration of the specialist title, Counselling Psychologist, must have completed a Board approved specialist Masters degree in Counselling Psychology, or equivalent. A minimum of two years supervised practice (by a psychologist who holds the Counselling specialist title) is required for registration as a Counselling Psychologist. The following applicant's Programme details particular requirements of Counselling Psychologist (Registrar) supervisors and supervisees, and the areas of ethical and professional conduct, assessment, intervention, and communication in which the supervisee is expected to be competent at the conclusion of the supervision period. The Programme should be implemented in conjunction with the general Supervision Guidelines for Specialist Title.

REQUIREMENTS OF COUNSELLING PSYCHOLOGY SUPERVISORS DURING THE TWO YEAR SUPERVISION PERIOD

1. It is the supervisor's responsibility to ensure supervisees have adequate knowledge of relevant research, theory and policy before intervention.
2. It is the supervisor's responsibility to ensure supervisees have access to appropriate intervention models, such that undue intervention bias does not operate as a consequence of the supervisory relationship.
3. It is the supervisor's responsibility to bring to the supervisee's attention in supervision any limitations of competence, ethical difficulty, personal bias or aspect of personal development in the supervisee which the supervisor perceives to be affecting the supervisee's professional development and/or professional application.
4. Supervisors are expected to offer sufficient supervision opportunities such that the competencies outlined in the following programme (sections 2 to 4) can be examined on a regular basis. Supervisors are expected to keep weekly documentation.
5. Supervisors are expected to observe supervisee's work directly as part of the supervision process in vivo, or by video or audio tape.
6. Supervisors are expected to intermittently view active files of the supervisee as part of the supervision process.

REQUIREMENTS OF COUNSELLING PSYCHOLOGY SUPERVISEES DURING THE TWO YEAR SUPERVISION PERIOD

Supervisees are expected to develop the capacity for continuing self-appraisal and appropriate consultation over the supervision period. In particular they are expected to:

- (1)
 - (a) Identify the limit of their competence in any given situation and consult with their supervisor regularly with regard to their competence.
 - (b) In consultation with their supervisor arrive at a mutually agreed upon course of action where competence is limited.
 - (c) Implement the agreed upon course of action (which may include seeking other professional opinions).
- (2)
 - (a) Identify broader areas in which they require continuing professional development.
 - (b) In consultation with their supervisor, arrive at a plan to develop these areas.
 - (c) In consultation with their supervisor, monitor their progress in these areas and readjust the plan as necessary.

INSTRUCTIONS FOR SUPERVISORS

Each standard of practice should be rated as:

C	Competency Attained
S	Satisfactory Progress
U	Unsatisfactory Progress <i>(Needs specific attention)</i>
NA	Not Applicable

SUPERVISOR: _____

SUPERVISEE: _____

PERIOD ASSESSED: _____

Rating			
C	S	U	NA

1. ETHICAL FRAMEWORK & PROFESSIONAL CONDUCT

1.1 Familiarity with Acts of Parliament relevant to the applicant's work settings (including):

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- Psychologists Act
- Freedom of Information Act
- Mental Health Act
- Workers Compensation Act
- Public Service Act
- Criminal Injuries Compensation Act
- Children & Community Services Act
- Disability Services Act
- Guardianship Act
- Privacy Act

1.2 Conduct consistent with relevant professional aspects of working independently as a Counselling Psychologist including:

(a) APS code of professional conduct and other relevant ethical codes

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(b) Understanding how ethical principles are used to guide professional practice

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(c) Commitment to an ongoing programme of professional education and development that addresses identified personal and professional limitations

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(d) Clear and consistent use of informed consent procedures

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(e) Knowledge of limits of competence and personal limitations that may affect work with clients

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Rating			
C	S	U	NA

1.3 Competent in the relevant applied aspects of working independently as a Counselling Psychologist:

(a) Ability to analyse accurately the functions of a Counselling Psychologist in particular settings

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(b) Knowledge of the roles of other professions and the capacity to report to other professionals appropriately and work collaboratively

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2. ASSESSMENT

2.1 Administer, interpret and integrate a range of assessment devices:

(a) interviews

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(b) behavioural observations

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(c) tests of intelligence and social functioning

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(d) appraisals of cognitive skills

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(e) personality tests

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2.2 Assessment procedures to include:

(a) selection of appropriate assessment techniques or instruments with proper consideration of issues of reliability and validity

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(b) knowledge of and competency with interview and developmental case history

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(c) behavioural observations

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(d) knowledge of psychopathology and understanding and use of diagnostic classification systems (DSM-4 and ICD-9)

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(e) psychometric and psychodiagnostic assessment (where appropriate)

2.3 Synthesise psychological knowledge in the research literature to develop assessment procedures for unique client populations

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Rating			
C	S	U	NA

2.4 Competent in clearly formulating a treatment plan.
 (Supervisor should have a representative sample of at least 40 formulations.)

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3. INTERVENTION

3.1 Knowledge of a wide range of therapeutic procedures appropriate for clients who normally seek assistance, which would include understanding of:

(a) dyadic therapy

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(b) family therapy

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(c) couples therapy

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(d) the design of therapeutic groups for specified problems and populations

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3.2 Demonstrate a wide range of counselling skills, including the ability to:

(a) understand intervention processes (engagement, maintenance, termination etc)

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(b) form a positive working alliance with a variety of clients,

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(c) utilise psychotherapeutic interventions with

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- individuals
 - children
 - adolescents
 - adults

- couples
- families

(d) lead and/or co-lead therapeutic groups.

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3.3 Utilise a theoretical system that:

(a) explains the etiology and remediation of psychological problems

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(b) assists clients to develop their understanding of the etiology and process of their difficulty

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*Applicant's Programme - Counselling Psychology
Checklist of Specialist Skills*

Rating			
C	S	U	NA

(c) involves clients in formulating treatment goals and strategies

(d) suggests processes or procedures to clients that may be used for addressing their concerns

3.4 Understand and employ appropriate research designs to evaluate the effectiveness of therapeutic interventions

3.5 Use the research literature to develop plans for therapeutic interventions

3.6 Provide consultative service to other professionals regarding psychological problems.

4. COMMUNICATION

4.1 Competent in oral and written communication:

(a) Ability to communicate adequately with clients, Within the profession, with other professionals, And with the general public

(b) Ability to write adequate psychological reports For a range of audiences

(c) Ability to write adequate psychological reports for the legal system

(d) Capacity to appear as an expert witness including knowledge of Court systems, presentation in Court and relevant practices

(e) Ability to keep appropriate records and case notes in accordance with the requirements of the professional setting

COMMENTS

Please provide any comments on supervisee's performance, particularly where a rating of "U" or "NA" has been given:

Item No.	Comments

SUPERVISOR

SUPERVISEE

DATE

DATE