

UNIVERSITY OF WASHINGTON PSYCHIATRY RESIDENCY PROGRAM
Psychodynamic Psychotherapy Competencies

Knowledge

The resident:

- can describe the major theoretical models of psychodynamic psychotherapy
- demonstrates knowledge of the concepts of the unconscious, defenses and resistance, transference, and countertransference
- displays understanding that symptoms, behaviors, and motivations often have multiple and complex meanings that may not be readily apparent
- demonstrates understanding of the influence of development through the life cycle on thoughts, feelings, and behavior
- can articulate the indications and contraindications for psychiatric disorders and problems treated by psychodynamic psychotherapy
- displays knowledge of when to refer patients for psychopharmacological treatment or treatment with other psychotherapeutic modalities
- demonstrates understanding that continued education in psychodynamic psychotherapy is necessary for further skill development

Skills

The resident will be able to apply the principles of psychodynamic therapy by demonstrating the ability to:

- evaluate the capacity of the patient to engage in and utilize psychodynamic psychotherapy
- make accurate diagnoses and assessments of patient problems
- build and maintain a collaborative therapeutic alliance that promotes self-reflection and inquiry into the patient's inner life
- establish treatment goals with the patient
- establish a treatment frame with the patient
- engage the patient in exploring his/her history of experiences, sociocultural influences, relationship patterns, coping mechanisms, fears, traumas and losses, hopes and wishes in order to understand the presenting problems
- effectively listen to the patient to understand nuance, meanings, and indirect communications
- recognize and identify affects in the patient and himself/herself
- display accurate empathy
- recognize, utilize, and manage aspects of transference and countertransference, defense and resistance in the course of treatment
- use self-reflection to learn about his/her own responses to patients to further the goals of treatment
- utilize clarification and confrontation
- use interpretations to manage transference/countertransference that impedes or disrupts the therapeutic process
- manage and understand the meanings of termination

- write a psychodynamic formulation
- seek appropriate consultation and/or referral for specialized treatment

Attitudes

The resident will be:

- empathic, respectful, curious, open, nonjudgmental, collaborative, able to tolerate ambiguity
- sensitive to sociocultural and socioeconomic issues that arise in the therapeutic relationship
- open to videotaping, audiotaping, or direct observation of treatment sessions

Adapted from AADPRT Psychodynamic Psychotherapy Competencies

Lisa Mellman, M.D., David Goldberg, M.D., Eugene Beresin, M.D., Elizabeth

Auchincloss, M.D., William Sledge, M.D., Andres Sciolla, M.D., November, 2001

SPECIFIC REQUIREMENTS FOR DEMONSTRATION OF COMPETENCIES

1. The resident will satisfactorily complete BAP seminar.
2. The resident will complete an acceptable case formulation of a patient treated with psychodynamic psychotherapy.
3. The resident will satisfactorily treat a patient, for no less than 20 sessions, using psychodynamic psychotherapy. Satisfactory performance will be assessed by the resident's supervisor(s) using audiotapes, videotapes, direct observation of sessions, or process notes.

**UNIVERSITY OF WASHINGTON PSYCHIATRY RESIDENCY PROGRAM
MINIMAL COMPETENCY DOCUMENTATION – PSYCHODYNAMIC
PSYCHOTHERAPY**

Dear Dr. Cowley:

This letter is written to document that _____ has met the criteria for minimal competency in psychodynamic psychotherapy according to Departmental criteria, which follow:

_____ 1. Completed the BAP seminar satisfactorily.
BAP Instructor initials

_____ 2. Completed an acceptable case formulation for a psychodynamic
Instructor/Supervisor psychotherapy case

_____ 3. Resident meets minimal competency criteria on a psychodynamic
Supervisor psychotherapy case treated for a minimum of 20 sessions

Case Information (if relevant):

Site of case: _____

Type of intervention(s)/approach used: _____

Number of sessions: _____

Comments:

Instructor/Supervisor

Date