UNIVERSITY OF WASHINGTON PSYCHIATRY RESIDENCY PROGRAM
BRIEF PSYCHOTHERAPY COMPETENCIES

Knowledge
The resident will be able to describe:

1. The spectrum of theoretical models (e.g. CBT, IPT, brief dynamic therapy) and clinical concepts of brief therapy.
2. The use of a focus and time limit as therapeutic tools.
3. The course of brief therapy, including phases of treatment.
4. Indications and contraindications for brief therapy, including indications and contraindications for a course of a particular modality of brief therapy as a treatment for a specific problem in the ongoing care of complex, chronically mentally ill patients.

Skills
The resident will be able to apply principles of brief therapy, as demonstrated by the ability to:

1. Select suitable patients for a particular model of brief therapy, including making accurate diagnoses and assessments of patient problems.
2. Establish and maintain a therapeutic alliance.
3. Establish and adhere to a time limit and a focus for treatment.
4. Satisfactorily utilize at least one well-defined model of brief therapy.
5. Educate the patient about the goals, objectives, and time frame of brief therapy.
6. Develop a case formulation using the brief therapy model selected.

Attitudes
The resident will be:

1. Empathic, respectful, curious, open, nonjudgmental, collaborative, able to tolerate ambiguity, and will display confidence in the efficacy of brief therapy.
2. Sensitive to the sociocultural and socioeconomic issues arising in the therapeutic relationship.
3. Open to review of audio or videotapes or direct observation of treatment sessions.

SPECIFIC REQUIREMENTS FOR DEMONSTRATION OF COMPETENCIES

1. The resident will satisfactorily complete the CBT and/or IPT seminar.
2. The resident will complete an acceptable case formulation of a brief therapy (16 sessions or less) case.
3. The resident will satisfactorily treat at least one patient using a brief therapy model, as judged by review of audio or videotapes or direct observation of at least two sessions, as well as ongoing review of case notes for each session, by a brief therapy supervisor.
Dear Dr. Cowley:

This letter is written to document that ______________________________ has met the criteria for minimal competency in brief therapy according to Departmental criteria, which follow:

1. Completed the CBT / IPT (circle one) seminar satisfactorily
   Instructor’s initials

2. Completed an acceptable case formulation for a brief therapy case
   Instructor/Supervisor

3. Resident meets minimal competency criteria on a brief therapy case as judged by review of audio or videotapes or direct observation of at least two sessions, as well as ongoing review of case notes for each session, by a brief therapy supervisor.
   Supervisor

Case Information:

   Site of case: ______________________________
   Type of brief therapy used: ______________________________

   Number of sessions: __________

Comments:

_________________________________  _________________
Instructor/Supervisor     Date