UNIVERSITY OF WASHINGTON PSYCHIATRY RESIDENCY PROGRAM
Competencies for Combined Psychotherapy and Psychopharmacology

Knowledge
The resident will demonstrate knowledge of:
- the diagnoses and clinical conditions for which combined treatment is indicated or warranted
- specific psychotherapies and medications indicated for particular disorders or conditions
- potential benefits and risks/pitfalls of combining psychotherapy and psychopharmacology
- the fact that taking medication may have multiple psychological and sociocultural meanings to a patient
- the education and training of other health providers who may provide either psychotherapy or pharmacotherapy in split treatment, and the difference between consultative, supervisory, and collaborative relationships with other providers
- the importance of continuing education in combined treatment for further skill development

Skills
The resident will be able to:
- gather sufficient clinical information to assess the need for, recommend, and implement combined (sequential or simultaneous) psychotherapy and pharmacotherapy
- make accurate diagnoses and assessments of patient problems
- form an effective therapeutic alliance with the patient that facilitates adherence to combined treatment
- monitor the patient’s condition and modify the psychotherapeutic or medication treatment approach as necessary
- recognize and assess the importance of timing of psychotherapeutic and psychopharmacologic interventions
- understand the influences on combined treatment of factors such as conscious and unconscious aspects of the doctor-patient relationship, placebo effects, and concurrent medical conditions
- use psychotherapeutic techniques to diminish resistance to and facilitate use of medication when appropriate
- explore the psychological and sociocultural meaning to the patient of taking medication
- elucidate, where possible, the relative contributions of psychological or psychotherapeutic issues versus psychopharmacologic issues in determining lack or loss of treatment response
- collaborate effectively with non-psychiatric psychotherapists or prescribers, and respond appropriately to conflicts and problems in the three-person treatment
Attitudes
The resident will:
- be empathic, respectful, curious, open, nonjudgmental, collaborative, able to tolerate ambiguity, and display confidence in the efficacy of combined treatment
- sensitive to sociocultural, socioeconomic, educational issues and belief systems that affect patients’ attitudes towards and adherence to combined treatment
- be open to supervision, including review of audiotapes or videotapes or direct observation of treatment sessions

SPECIFIC REQUIREMENTS FOR DEMONSTRATION OF COMPETENCIES

1. Satisfactory completion of the Combined Psychotherapy and Psychopharmacology Seminar
2. Documentation, by the resident’s supervisor(s), of satisfactory demonstration of minimal competency criteria in two cases, one of combined treatment by the resident and the other of split treatment (i.e. the resident providing one part of the treatment in collaboration with another professional who provides the other part of the treatment). This will include documentation that the psychotherapies and pharmacotherapies used are appropriate for the presenting problems and satisfactorily administered.
Dear Dr. Cowley:

This letter is written to document that __________________________ has met the criteria for minimal competency in combined psychotherapy and psychopharmacology according to Departmental criteria, which follow:

1. Satisfactory completion of the Combined Psychotherapy and Psychopharmacology seminar, including a case presentation

2. The resident has met minimal competency criteria in satisfactorily treating a patient with a combination of psychotherapy and medication appropriate to the presenting problem/diagnosis

3. The resident has met minimal competency criteria in satisfactorily treating a patient, in collaboration with another provider, in split treatment

Case Information (if relevant):

Site of case: _______________________
Type of treatment/intervention(s) used: _____________________________________________

_______________________________________________________________

Length of treatment: _______________________
Other provider (if split treatment): _____________________________________________

Comments:

_______________________________________________________________

Instructor/Supervisor Date