

## **Ability to engage the client in analytic/dynamic therapy**

### **Ability to develop a therapeutic alliance**

An ability to respond to the client's presenting problems in a concerned, non-judgemental manner through:	
	allowing the client's narrative about their difficulties to emerge without imposing a structure
	asking clarifying questions so as to understand the client's perspective without making assumptions
	communicating empathic understanding in response to the client's conscious and unconscious communications
	respecting the client's need for defences
An ability to foster the development of a working relationship of trust and rapport through:	
	containing the client's level of anxiety by engaging with the client's conscious and unconscious anxieties about the therapy and the therapist
	tolerating the client's distress and other feelings in order to remain emotionally attuned to them
	adjusting technique with those clients who are unproductively disturbed by a more passive stance in the early stages of therapy
	communicating the boundaries and frame of the therapy clearly
	providing some brief guidance on the differential expectations of both therapist and client (e.g. to say what comes to mind) so as to orient the client to the particular style of therapy
	assessing which clients may require a strengthening of the supportive aspects of the therapeutic relationship in an explicit manner so as to engage them

### **Ability to help the client understand the rationale for analytic/dynamic therapy**

An ability to provide the client with sufficient direct information about the therapy (including its risks and benefits) so as to make consent meaningful	
An ability to use the assessment session(s) to give the client an experience of an analytic/ dynamic approach and the challenges this might present for them, for example through:	
	showing interest in, and commenting on, the client's unconscious communications, especially about the relationship with the therapist
	conveying an understanding of how the client's presenting symptoms/problems may be connected with unconscious feelings and conflicts
An ability to encourage the client to reflect on their reactions to the proposed therapy and its focus (i.e. primarily on feelings and relationships)	

**Ability to identify and agree therapeutic aims**

An ability to share a tentative account of how the therapist understands the client's problems early on in the therapy so as to provide the client with an opportunity to ask questions, clarify and agree therapeutic aims
An ability to engage the client in articulating the aims for the therapy through:
enquiring explicitly about what the client hopes to achieve
communicating understanding that in addition to the stated aims there might be less conscious aims
communicating understanding of the client's resources and vulnerabilities in relation to the stated aims
helping the client to reflect on their expectations of therapy so as to introduce some realism about what might and might not be achievable