

## Ability to undertake an assessment of likely suitability of analytic/dynamic therapy

### Knowledge

An ability to draw on knowledge that pre-therapy client characteristics are not significantly predictive of outcome:
an ability to draw on knowledge of factors that may be pertinent to the ways in which an analytic/dynamic approach is applied/needs to be adapted to meet the client's needs:
the client's response to an exploratory approach (e.g. their response to a relative lack of therapist direction, indicators of an interest in reflection)
the client's interest in reflecting on how their relationships with others work
the client's interest in working with interpersonal and affective themes
the client's curiosity about their role in their difficulties
the risk to the client of connecting with painful feelings and/or memories, which could be difficult for them to manage (e.g. increasing risk to themselves) balanced against the benefits of exploring issues in therapy
the external resources that could support the client during the therapy
the therapist's experience with the client in the session
An ability to draw on practice-based knowledge of the contra-indications for brief and more intensive analytic/dynamic therapy (e.g. risk of exacerbation of problems)
An ability to draw on knowledge of other psychological therapies as the basis for considering more suitable alternatives for the client

### Application

#### Frame for the assessment

An ability to approach the assessment with an analytic attitude so as to observe the client's interaction with the therapist and evaluate what adaptations may be necessary to support the client's capacity to work within an analytic frame:
an ability to balance the need to gather information about the client and their difficulties against the requirement to assess how they manage without therapist imposed direction in the session
An ability to realistically consider, with the client, their capacity to work within an analytic frame in the context of an assessment of potential risk (e.g. increase in self-harming behaviour)

#### Listening: content and process

An ability to listen both to the content of the client's narrative while taking into account the way in which they present themselves (e.g. non-verbal communications)
An ability for the therapist to identify the emotional impact the client's presentation has on them
an ability to appraise the potential significance of the therapist's response to understanding the client's interpersonal patterns

**Intervention**

An ability to engage the client's interest in this therapeutic approach by making interpretations that connect the client's presenting difficulties/symptoms to their past and current relationships and behaviour
An ability to evaluate the client's readiness and motivation at this point in time to engage with the affective and interpersonal focus of the therapy through relevant questions and interpretations (e.g. a "trial interpretation")
An ability to formulate the dominant transference theme(s) that emerge in the assessment so as to gauge how the client responds to a transference focus
An ability to help the client reflect on their experience of the assessment by articulating their conscious and unconscious experience of it

**Ability to identify and take account of external resources available to the client and to the therapist when planning interventions**

An ability to inform the therapeutic plan and consider the need for additional resources by exploring the client's external resources (e.g. sources of support, stability of housing, etc)
An ability to appraise the appropriateness of the setting in which the therapy will be offered relative to the client's needs (e.g. for additional support from other professionals)