

## Ability to work with the client's internal and external reality

### Knowledge

An ability to draw on knowledge that analytic/dynamic approaches privilege the exploration of the client's internal, unconscious world of experience, but that this is not at the expense of the exploration of, and sensitivity to, the client's external reality and value systems
--

### Application

#### Ability to balance working with the client's internal and external reality

An ability to attend and respond to the conscious as well as the unconscious meaning of the client's preoccupations:
--

an ability to respond sensitively to the client's current preoccupations and distress
---

an ability to evaluate when it is most productive to focus primarily on the client's external or internal reality
---

An ability to help the client to make connections between their current, real-life preoccupations and their unconscious internal world of subjective experience
---

An ability to respond openly and respectfully to the client's conscious and unconscious experience of race, culture, religion, age, gender and sexual orientation:
--

an ability to explore for the client the meaning of their cultural, ethnic, socio-economic and religious background as well as their gender and sexuality
---

an ability to explore the relationship, if any, between the client's external context and values and their difficulties
---

#### Ability to work with differences between the therapist and client

An ability to be curious about the meaning and impact of differences in race, culture, age, socio-economic status, religion, gender and sexuality between therapist and client
--

An ability to respond openly and sensitively to the client's experience of difference in the therapeutic relationship
---

An ability to explore with the client the unconscious use that may be made of actual differences between therapist and client
---

An ability to be aware of, and reflect on, the significance of the therapist's countertransference in relation to difference(s)
---

An ability to critically self-reflect on assumptions, biases and prejudices that may be operating consciously and unconsciously in the therapist with respect to difference(s)
--

[Back to Competences Map](#)