

Ability to undertake a generic assessment

An ability to obtain a general idea of the nature of the client's problem
An ability to elicit information regarding psychological problems, diagnosis, past history, present life situation, attitude about and motivation for therapy
An ability to gain an overview of the client's current life situation, specific stressors and social support
An ability to assess the client's coping mechanisms, stress tolerance, and level of functioning
An ability to help the client identify/select target symptoms or problems, and to identify which are the most distressing and which the most amenable to intervention
An ability to help the client translate vague/ abstract complaints into more concrete and discrete problems
An ability to assess and act on indicators of risk (of harm to self or others) (and the ability to know when to seek advice from others)

An ability to gauge the extent to which the client can think about themselves psychologically (e.g. their capacity to reflect on their circumstances or to be reasonably objective about themselves)
An ability to gauge the client's motivation for a psychological intervention

An ability to discuss treatment options with the client, making sure that they are aware of the options available to them, and helping them consider which of these options they wish to follow
An ability to identify when psychological treatment might not be appropriate or the best option, and to discuss with the client (e.g. the client's difficulties are not primarily psychological, or the client indicates that they do not wish to consider psychological issues) or where the client indicates a clear preference for an alternative approach to their problems (e.g. a clear preference for medication rather than psychological therapy)