

**Knowledge of a model of therapy, and  
the ability to understand and employ the model in practice**

An ability to draw on knowledge of factors common to all therapeutic approaches*:	
supportive factors:	
	a positive working relationship between therapist and client characterised by warmth, respect, acceptance and empathy, and trust
	the active participation of the client
	therapist expertise
	opportunities for the client to discuss matters of concern and to express their feelings
learning factors:	
	advice
	correctional emotional experience
	feedback
	exploration of internal frame of reference
	changing expectations of personal effectiveness
	assimilation of problematic experiences
action factors:	
	behavioural regulation
	cognitive mastery
	encouragement to face fears and to take risks
	reality testing
	experience of successful coping
An ability to draw on knowledge of the principles which underlie the intervention being applied, using this to inform the application of the specific techniques which characterise the model	
An ability to draw on knowledge of the principles of the intervention model in order to implement therapy in a manner which is flexible and responsive to client need, but which also ensures that all relevant components are included	

\* classification adapted from:

Lambert, M.J. and Ogles, B.M (2004) The efficacy and effectiveness of psychotherapy pp139-193 in M.J. Lambert Bergin and Garfield's Handbook of Psychotherapy and Behaviour Change (5<sup>th</sup> Edition) New York: Wiley