

Generic meta-competences

Capacity to implement treatment models in a flexible but coherent manner

An ability to implement a model of therapy in a manner which is flexible and which is responsive to the issues the client raises, but which also ensures that all relevant components of the model are included

An ability to use clinical judgment in order to balance adherence to a model against the need to attend to any relational issues which present themselves

An ability to maintain adherence to a therapy without inappropriate switching between modalities in response to minor difficulties (i.e. difficulties which can be readily accommodated by the model being applied)

Capacity to adapt interventions in response to client feedback

An ability to accommodate issues the client raises explicitly or implicitly, or which become apparent as part of the process of the intervention

An ability to respond to, and openly discuss, *explicit* feedback from the client which expresses concerns about important aspects of the therapy

An ability to detect and respond to *implicit* feedback which indicates that the client has concerns about important aspects of the therapy (e.g. as indicated by non-verbal behaviour, verbal comments or significant shifts in responsiveness)

An ability to identify when clients have difficulty giving feedback which is “authentic” (e.g. clients who respond in accordance with what they think the therapist wishes to hear, rather than expressing their own view) and discussing this with them

An ability to be aware of, and respond to, emotional shifts occurring in each session, with the aim of maintaining an optimal level of emotional arousal (i.e. ensuring that the client is neither remote from or overwhelmed by their feelings)