Ability to undertake a generic assessment

An ability to obtain a general understanding of the nature of the client's problem
An ability to elicit information about the client's psychological problems, diagnosis, past history, present life situation, attitude towards 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 and select target symptoms or problems, and to help them identify which are the most distressing and which the most amenable to intervention
An ability to help the client translate vague or 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)

An ability to gauge the extent to which the client can reflect on themselves psychologically (e.g. their capacity to think about their circumstances or 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 this with the client, for example where:	
	the client's difficulties are not primarily psychological or the client does not wish to consider psychological issues)
	, or to identify where the client indicates a preference for an alternative approach (e.g. a clear preference for medication rather than psychological therapy)