

**Ability to maintain an analytic attitude**

**Generic therapeutic competences**

Knowledge and understanding of mental health problems

Knowledge of depression

Knowledge of, and ability to operate within, professional and ethical guidelines

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

Ability to work with difference (cultural competence)

Ability to engage client

Ability to foster and maintain a good therapeutic alliance, and to grasp the client's perspective and 'world view'

Ability to work with the emotional content of sessions

Ability to manage endings

Ability to undertake generic assessment (relevant history and identifying suitability for intervention)

Ability to assess and manage risk of self-harm

Ability to use measures to guide therapy and to monitor outcomes

Ability to make use of supervision

**Basic analytic/dynamic competences**

Knowledge of basic principles and rationale of analytic/dynamic approaches

Ability to assess the likely suitability of an analytic/dynamic approach

Ability to engage the client in analytic/dynamic therapy

Ability to derive an analytic/ dynamic formulation

Ability to establish and manage the therapeutic frame and boundaries

Ability to work with unconscious communication

Ability to facilitate the exploration of the unconscious dynamics influencing relationships

Ability to help the client become aware of unexpressed or unconscious feelings

Ability maintain an analytic/dynamic focus

Ability to identify and respond to difficulties in the therapeutic relationship

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

**Specific analytic/dynamic techniques**

Ability to make dynamic interpretations

Ability to work in the transference

Ability to work with the counter-transference

Ability to recognise and work with defences

Ability to work through the termination phase of therapy

**Specific adaptations**

Dynamic Interpersonal Therapy

**Metacompetences**

Generic metacompetences

Capacity to use clinical judgment when implementing treatment models

Capacity to adapt interventions in response to client feedback

Analytic-specific metacompetences

Ability to make use of the therapeutic relationship as a vehicle for change

Ability to apply the model flexibly in response to the client's individual needs and context

Ability to establish an appropriate balance between interpretative and supportive work

Ability to identify and skillfully apply the most appropriate analytic/dynamic approach