

## Metacompetences

### Ability to maintain an “analytic attitude”

#### Knowledge

An ability to draw on knowledge that the analytic stance is characterised by interest in, and receptiveness to, the client’s conscious and unconscious communications and to the unfolding of the transference.
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An ability to draw on knowledge that the analytic stance aims to facilitate the development of the transference relationship through:
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a receptive, non-directive, yet involved attitude
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a neutral, non-gratifying, yet concerned stance
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#### Application

#### Ability to prioritise reflection over action when considering a response to the client’s communications

An ability to be both a participant in the therapeutic process and to be able to step back from it, so as to reflect on the interaction and be able to comment on it, where appropriate, through:
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identifying and reflecting on the various roles assigned by the client to the therapist in the course of the therapeutic process and using this to inform the understanding of, and response to, the client
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An ability to reflect on strong feelings engendered by the client’s communications
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An ability to recognise enactments by the therapist when they occur and to work towards regaining a reflective stance
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An ability to respond to the client’s requests for tangible support or for special modifications of the treatment frame by communicating to the client an understanding of the unconscious meaning of their requests
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#### Ability to maintain an empathic, neutral stance

An ability to convey concern for the client whilst not losing perspective by aligning oneself with any one aspect of the client’s conflicts.
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An ability to maintain a receptive, non-directive stance when listening to the client through:
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prioritising understanding the unconscious meaning of the client’s communications and ways of relating
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monitoring preconceptions based on the therapist’s own beliefs and needs so that the client’s communications can be listened to without prejudice
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**Ability to monitor self-disclosure by the therapist**

An ability to establish and maintain a stance that minimises personal self-disclosure
An ability to help the client reflect on the meaning of the therapist's relative anonymity (in order to help them manage any anxiety this may provoke)
An ability to reflect on the meaning of any "deviations" by the therapist from a relatively anonymous stance towards greater self-disclosure
An ability to monitor the therapist's own needs for gratification so that they do not impinge on the client through inappropriate self-disclosure

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

### **Knowledge**

An ability to draw on knowledge that the detailed tracking and exploration of the vicissitudes of the therapeutic relationship is the cornerstone of analytic/dynamic technique
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### **Application**

An ability to establish and maintain emotional contact with the client
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An ability to prioritise the experiential focus of the here-and-now of the session as the basis for interventions:
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an ability to respond to the current state of the relationship
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An ability to make use of the therapist's experience with the client to inform the therapy:
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an ability for the therapist to monitor their emotional reactions to the client
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an ability to critically consider the relevance of the therapist's current experience with the patient as the basis for furthering understanding of the patient
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an ability to self-reflect and where appropriate to identify the need for further personal therapy and/ or supervision (to protect the client from potential harm)
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An ability to identify, and respond appropriately when the client's experience of close emotional contact with the therapist leads to a deterioration in their functioning
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## **Ability to apply the analytic/dynamic model flexibly in response to the client's individual needs and context**

### **Ability to respond flexibly to changes in the client's presentation**

An ability to monitor the client's experience of the therapy and their state of mind	
An ability to adapt the model, technique (e.g. interpreting the negative transference), frequency of sessions or setting of the therapy in response to:	
	the individual needs of the client (including their level of distress) at a given moment in the session and during particular phases of the therapy
	the quality of the therapeutic alliance
	changes in the client's external context
	changes in the treatment setting
An ability to systematically monitor any harmful impact of therapy on the client:	
	an ability to identify the need for consultation/supervision if there are indications that the client is at risk
An ability to monitor and explore the meaning for the client of any adaptations to the originally agreed treatment plan	

### **Ability to titrate the level of therapist activity in response to the client's levels of arousal**

An ability to closely monitor the client's levels of arousal	
An ability to intervene to help the client manage anxiety that would otherwise prevent exploration:	
	an ability to help the client understand what may be making them anxious
	an ability to adapt technique flexibly (e.g. by increasing the therapist's level of activity) so as to respond to unproductive levels of anxiety in the client

### **Ability to tailor therapy to the time available**

An ability to identify the adaptations of the core analytic/dynamic model required to work within a specified time frame (e.g. if brief therapy, regular reminders to the client of the time-limited nature of the work)	
An ability to adjust the level of therapist activity relative to the length of treatment (e.g. greater activity if working on a circumscribed focus within a time-limited frame)	
An ability to appraise the risks and benefits for the client of an open-ended or time limited approach	
	where risks are identified, an ability to establish safe parameters for the therapy (e.g. by organising additional support)

## Ability to establish an appropriate balance between interpretative and supportive work

### Knowledge

An ability to draw on knowledge that while the primary focus in analytic/dynamic psychotherapy is on interpretative techniques, supportive techniques facilitate the development and maintenance of a working alliance

An ability to draw on knowledge of both interpretative and supportive approaches, their overall objectives and different technical emphases:

that the aim of interpretative techniques is to engage the client's curiosity about, and understanding of, their unconscious inner mental life and the ways in which this informs their subjective experience of self and others

that the aim of supportive techniques is to alleviate the client's immediate problems by strengthening their resilience (i.e. building "ego strength") and focusing on conscious experience

### Application

An ability to evaluate and support the client's ability to manage the demands of interpretative work (both within a given session, and as an overall treatment strategy during particular phases of therapy) by:

continuously monitoring the client's level of distress

listening to the client's conscious and unconscious communication about how they are experiencing the therapy

communicating to the client an understanding of why they may be finding aspects of the work particularly challenging at certain points

responding flexibly to the client's shifting capacity to tolerate an interpretative approach

regularly reviewing the client's external systems of support

An ability to identify when it is appropriate to act on the anxiety generated by the client in the therapist (i.e. not only reflect on its possible meaning) so as to protect the client/others/the therapy

Where the therapist shifts from an interpretative to a more actively supportive stance, an ability to:

identify the impact this may have on the therapeutic relationship

communicate to the client an understanding of the meaning for them of this shift in style

## **Ability to identify and apply the most appropriate analytic/dynamic intervention**

### **Knowledge**

An ability to draw on knowledge of the various analytic/dynamic models and techniques in order to identify the most appropriate intervention for a given client
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### **Application**

An ability to apply the chosen model skilfully
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An ability to consider the length, intensity and format of the treatment (individual, group, family, couple) in light of:
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developmental factors (e.g. age)
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the client's mental state
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the level of risk
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the setting in which the therapy will take place
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the nature of the problem
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