

**C-9(a) P. Postdoctoral Residency Level 3 – Specialty Competencies
Psychoanalytic and Psychodynamic Psychology
(Commission on Accreditation, August 2023)**

Programs that are accredited in a substantive specialty practice area, as identified in IR C-5 P, are required to provide advanced preparation for practice in the competencies and associated elements associated with the specialty practice area. Specialty competencies must be operationalized in terms of multiple elements and must, at a minimum, reflect the bulleted content for each required specialty competency.

I. Professionalism

Postdoctoral residents are expected to:

- Demonstrate active participation in the specialty
- Demonstrate a familiarity with current significant issues facing the specialty and the implication of these issues
- Seek consultation and supervision in the specialty when needed
- Obtain ongoing training and education in the specialty
- Demonstrate professionalism and awareness of professional standards in written work (including use of APA format in references, attention to editing demands, etc.)
- Demonstrate advocacy for the discipline of psychology and for the Psychoanalytic and Psychodynamic Psychology Specialty, in contributions to the theoretical and research base of the profession, and in a commitment to continuing learning and development

II. Reflective Practice/Self-Assessment/Self-Care

Postdoctoral residents are expected to:

- Practice with personal and professional self-awareness
- Practice within boundaries of professional competence in the specialty
- Routinely assesses strengths, weaknesses and competency in specialty practice
- Recognize new competencies and engage in improving professional competencies as appropriate
- Engage in appropriate self-care
- Cultivate self-awareness in interactions with clients and in one's own experiences, such as in personal psychoanalysis or psychoanalytic/psychodynamic psychotherapy

III. Scientific Knowledge and Methods

Postdoctoral residents are expected to:

- Use evidence-based theory and techniques to inform activities as a Psychoanalytic and Psychodynamic Psychologist
- Demonstrate ongoing critical evaluation of research relevant to his/her/their specialty practice and theoretical orientation
- Demonstrate attention to interpersonal interactions, individual and cultural diversity, ethics and legal foundations, as related to the application of scientific knowledge and methods
- Be thoroughly grounded in theoretical models, an appreciation of the strengths and limitations of case study, standard qualitative and quantitative methods, and a sensitivity to social/cultural and psychological actors operating outside awareness

IV. Relationships

Postdoctoral residents are expected to:

- Demonstrate sensitivity to the welfare, rights, and dignity of others
- Develop and maintain productive relationships with a broad array of individuals including clients/patients, colleagues, students, supervisees, allied professionals, etc.
- Effectively negotiate conflictual relationships
- Demonstrate awareness of one's own impact on others and maintain a non-defensive posture in the receipt and implementation of feedback
- Demonstrate understanding of diverse views in complicated interactions
- Demonstrate the capacity to understand and usefully address the dynamic relational factors that allow for tolerance, trust, repair, and growth

V. Individual and Cultural Diversity

Postdoctoral residents are expected to:

- Convey knowledge about individual and cultural diversity
- Demonstrate sensitivity and responsiveness to individual and cultural diversity in each competency domain
- Convey an awareness of the interaction between one's own diversity characteristics and those of the people or contexts with whom or in which one is functioning as a Psychoanalytic and Psychodynamic Psychologist
- Demonstrate appreciation of the ways in which cultural and internal factors are co-determinative of personality structure and functioning

VI. Ethical Legal Standards and Policy

Postdoctoral residents are expected to:

- Demonstrate knowledge about ethical standards and apply this knowledge to perform in an ethical fashion
- Demonstrate knowledge about legal standards and apply this knowledge to perform in a fashion consistent with such standards

VII. Interdisciplinary Systems

Postdoctoral residents are expected to:

- Effectively communicate across specialties, professions and/or organizations
- Demonstrate respectful appreciation and integration of contributions and perspectives of other professions
- Demonstrate ability to share unique contributions that Psychoanalytic and Psychodynamic Psychology can make to the issue at hand
- Demonstrate attention to interpersonal interactions, individual and cultural diversity, ethics and legal foundations, and professional identity related to interdisciplinary functioning

VIII. Evidence-Based Practice

Postdoctoral residents are expected to:

- Demonstrate ability to articulate a cogent evidence-based rationale for clinical strategies utilized
- Demonstrate ability to integrate relevant research and stated theoretical orientation in a meaningful way that justifies why the interventions used should attain desired outcomes

- Provide clinical interventions and engage in clinical activities with demonstrated treatment efficacy (culturally contextualized systematic and scientific evidence that the treatment works)
- Provide specialty clinical interventions and engage in clinical activities with established clinical utility (e.g., feasibility and usefulness in the specific setting and with a specific population)
- Demonstrate ability to recognize strengths and limitations of evidence obtained from various data sources/types of research
- Demonstrate awareness of the extensive evidence base for the effectiveness of Psychoanalytic and Psychodynamic Psychology practice

IX. Assessment

Postdoctoral residents are expected to:

- Demonstrate awareness of appropriate specialty-specific procedures for client/patient or program/system evaluation
- Conduct assessments and evaluations with skill and cultural sensitivity and in accordance with standardized procedures
- Interpret assessment and evaluation findings accurately to inform conceptualization
- Demonstrate the ability to integrate multiple data sources, while considering cultural and social factors, to inform a working differential diagnosis
- Demonstrate awareness and/or apply assessment and evaluation data to the development of recommendations
- Communicate both orally and in writing findings from assessments and evaluations to the client/patient and other relevant parties in an understandable, culturally sensitive, and useful fashion
- Demonstrate attention to interpersonal interactions, individual and cultural diversity, ethics and legal foundations, and professional identification as related to assessment
- Demonstrate ability to assess internal experience and its effects upon wellbeing, including aspects of experience of which a client may not at least at the outset, be consciously aware

X. Intervention

Postdoctoral residents are expected to:

- Demonstrate awareness and/or manage professional framework issues responsibly, such as limits of confidentiality, boundaries of services, payment, and other such issues
- Demonstrate awareness and/or choose procedures appropriate for client/patient and situation
- Demonstrate knowledge of the value of evidence-based practice and the scientific and theoretical basis of the specialty approach/intervention
- Demonstrate awareness and/or apply interventions with skill and knowledge relevant to the specialty
- Demonstrate systematic evaluation of treatment progress and outcome
- Demonstrate attention to interpersonal interactions, individual and cultural diversity, ethics and legal foundations, and professional identification as related to intervention

XI. Consultation

Postdoctoral residents are expected to:

- Demonstrate awareness and/or use procedures appropriate for the context, informed by research and theory
- Demonstrate awareness and/or gather appropriate information as background for the consultation being provided

- Demonstrate awareness and/or conduct consultations with skill and knowledge specific to the specialty
- Clearly communicate findings and recommendations that meet the consultee's goals
- Demonstrate attention to interpersonal interactions, individual and cultural diversity, ethics and legal foundations, and professional identification as related to specialty consultation
- Communicate an appreciation of intrapsychic, cultural, and historical factors that impact health, learning and other functions, of which the client may not be fully aware