

## METACOMPETENCES

### Generic metacompetences

#### **Capacity to respect and tolerate the complexity of the human condition**

Capacity to learn, and to suspend past learning, in order to:

enter fully into the client's experience

foster a spirit of curiosity and exploration

resist slotting people into theoretical preconceptions

avoid the rote application of therapeutic techniques

#### **Capacity to use clinical judgement when implementing therapy**

Capacity to approach each couple as unique, requiring a tailored approach that attends to:

each partner's specific personality, current circumstances and life experiences

those of their therapist

the interaction between those participating in the therapeutic process

Capacity to recognise and work with relevant clinical material that is not directly, verbally or consciously acknowledged by the partners

Capacity to work with assessment and termination in ways that recognise ambiguities contained in these processes as well as the needs of different couples

#### **Capacity to reflect critically on the experience of therapy**

Capacity to adapt and develop practice in the light of the experience of a therapy, and the experience of other practitioners using similar and different therapeutic models

Capacity to recognise the limits of one's abilities and knowledge, and to learn from the experience of others (for example through supervision, consultation and continuing professional development)

#### **Capacity to convey and respond to interest, affect and humour**

Capacity to draw on authentic responses to promote emotional connection, for example by judging:

the function of humour in a session, and whether and how to respond to it

when it might be therapeutically useful to make a personal disclosure and being able to do so appropriately, for instance to validate an experience or cement an alliance

Specific metacompetences

**Capacity to work reflexively within complex relational systems**

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underlying developmental factors that may be interfering with their relationship
focusing on accepting limitations for the partnership set by factors within, between and external to the partners as a means of increasing relationship satisfaction