METACOMPETENCES

Capacity to implement treatment models in a flexible but coherent manner

An ability to implement a model of therapy in a manner which is flexible and which is responsive to the issues the client raises, but which also ensures that all relevant components of the model are included
An ability to use clinical judgment in order to balance adherence to a model against the need to attend to any relational issues which present themselves
An ability to maintain adherence to a therapy without inappropriate switching between modalities in response to minor difficulties (i.e. difficulties which can be readily accommodated by the model being applied)

Capacity to adapt interventions in response to client feedback

An ability to accommodate issues the client raises explicitly or implicitly, or which become apparent as part of the process of the intervention:
An ability to respond to, and openly to discuss, *explicit* feedback from the client which expresses concerns about important aspects of the therapy
An ability to detect and respond to *implicit* feedback which indicates that the client has concerns about important aspects of the therapy (e.g. as indicated by non-verbal behaviour, verbal comments or significant shifts in responsiveness)
An ability to identify when clients have difficulty giving feedback which is "authentic" (e.g. clients who respond in accordance with what they think the therapist wishes to hear, rather than expressing their own view) and discussing this with them
An ability to be aware of, and respond to, emotional shifts occurring in each session, with the aim of maintaining an optimal level of emotional arousal (i.e. ensuring that the client is neither remote from or overwhelmed by their feelings)

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

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

Knowledge

An ability to draw on knowledge of th