

Ability to maintain a relational approach

Generic therapeutic competences

Knowledge and understanding of mental health problems

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 engage client(s)

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

Ability to deal with emotional content of sessions

Ability to manage endings

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

Ability to make use of supervision

Basic systemic competences

Knowledge of the rationale for the systemic approach

Knowledge of systemic principles that inform the therapeutic approach

Knowledge of systemic theories of psychological problems, resilience and change

Knowledge of systemic approaches that enable therapeutic change

Ability to initiate a systemic intervention

Ability to initiate contact and undertake a systemic assessment

Ability to develop and maintain engagement

Ability to develop systemic formulations and to help clients identify appropriate goals

Ability to establish the context for a systemic intervention

Ability to maintain and develop a systemic approach

Ability to work in a reflective manner

Ability to use monitoring to promote change

Ability to facilitate communication across the system

Ability to manage endings

Specific systemic techniques

Ability to use systemic hypotheses

Ability to use circular interviewing

Ability to use systemic techniques to promote change

Ability to work towards resolving problems

Ability to map systems

Ability to make use of enactments

Ability to work with a systemic team

Problem specific competences/specific adaptations

Couples Therapy for Depression: Jones and Asen

Eating Disorders: Lock and Eisler

Interventions for conduct disorder and related problems

Multi-systemic Therapy: Henggler

Multi-dimensional Family Therapy: Liddle

Brief Strategic Family Therapy: Szapocznik

Functional Family Therapy Alexander

Metacompetences

Generic meta-competences

Capacity to use clinical judgment when implementing treatment models

Capacity to adapt interventions in response to client feedback

Systemic specific meta-competences

Ability to make use of the interpersonal perspective

Ability to hold a non-pathologising view of the system.

Ability to maintain a relational approach

Ability to implement systemic interventions in an adaptive manner