

## **Psychotherapy ACE**

### **Procedure:**

In order to complete a psychotherapy ACE candidates will be required to undertake the following.

- 1 Complete a psychotherapy case in a recognised modality of treatment under supervision with a supervisor designated by the scheme organiser or psychotherapy tutor.
- 2 Obtain two satisfactorily completed Supervisors Assessment of Psychotherapy Expertise forms from their supervisor one completed during and one completed after completion of the therapy.
- 3 Prepare a brief 500 word summary of the case.
- 4 Present the SAPE, and the summary to an assessor and discuss aspects of the case with the assessor in an oral presentation which should focus on aspects such as case selection, techniques specific to the chosen modality, difficulties in treatment and achievements in treatment, termination and evaluation of outcome.

### **Instructions to assessor:**

The trainee should be allowed a reasonable period of time to present the case they have treated in a narrative fashion. Once they have completed their presentation you should take up aspects of the case particularly focusing on areas where you are unclear how the case was conducted as well as areas where the trainee showed particular skill and good clinical judgement. You should direct your questioning towards completion of the mark sheet reproduced below.

## Mark sheet for psychotherapy ACE

Name of trainee .....

Name of assessor .....

Name of supervisor .....

Trainees must provide evidence of a SAPE with competencies satisfactorily achieved.

Has this been done? **Yes/No**

Trainees must provide a description (in up to 500 words) of the therapy undertaken. Has this been done? **Yes/No**

What type of therapy was reported?.....

What was the duration of the reported therapy?.....

*In the discussion of the therapy how do you rate the following?*

|  | Poor | Work to be done | Satisfactory | Good | Unable to rate |
|--|------|-----------------|--------------|------|----------------|
| Attitude towards patient and development of an empathic relationship                     |      |                 |              |      |                |
| Understanding of the rationale of treatment and ability to provide a working formulation |      |                 |              |      |                |
| Establishing a frame for treatment and noticing challenges to this                       |      |                 |              |      |                |
| Use of therapeutic techniques and monitoring the impact of these                         |      |                 |              |      |                |
| Management of the ending of treatment  |      |                 |              |      |                |
| Use of supervision   |      |                 |              |      |                |
| Quality of written summary in  |      |                 |              |      |                |

|                      |  |  |  |  |  |
|----------------------|--|--|--|--|--|
| conveying key points |  |  |  |  |  |
|----------------------|--|--|--|--|--|

Comments

**Overall would you rate the psychotherapy competencies of this trainee as**

**Unsatisfactory / Satisfactory**