

## **ABAP, Inc. COMPETENCIES CATEGORIES (2017)**

### **1. General Psychotherapeutic Competencies**

- 1.a . Operate within legal and ethical guidelines
- 1.b . Navigate professional and interpersonal situations
- 1.c . Be sensitive to and willing to engage with diverse identities of individuals and groups
- 1.d Understand the influence of socio- cultural influences on behavior, cognition and emotion
- 1.e Understand lifespan development
- 1.f Understand biological contributors to behavior, cognition, and emotion
- 1.g Understand emotional issues and psychopathology
- 1.h.1. Understand various models of psychotherapy\*
- 1.h.2. Understand various models of psychotherapy including group work\*
- 1.i Undertake general assessment of relevant history and symptoms
- 1.j Make diagnostic formulations
- 1.k Identify appropriate interventions
- 1.l Respect the patient's perspective
- 1.m Navigate the emotional content of sessions, including shifts and endings
- 1.n Understand empirical research

### **2. Foundational Psychoanalytic Competencies**

- 2.a Understand psychoanalytic models of development
- 2.b Describe foundational psychoanalytic concepts (transference, countertransference, resistance, defense) \*
- 2.c Understanding psychoanalytic models of psychopathology
- 2.d Conceptualize psychoanalysis according to one or more theoretical orientations
- 2.e.1. Understand various modes of therapeutic action\*
- 2.e.2. Understand various modes of therapeutic action including group work\*
- 2.f. Define basic modern psychoanalytic concepts\*

### **3. Psychoanalytic Assessment and Intervention Competencies**

- 3.a Assess the contact function and defenses\*
- 3.b Undertake a psychoanalytic assessment

- 3.c Derive a psychoanalytic diagnosis
- 3.d Establish and maintain a psychoanalytic frame
- 3.e Work with both a patient's internal and external realities
- 3.f Facilitate the exploration of unconscious experience
- 3.g Employ a range of psychoanalytic interventions
- 3.h Be aware of, process, and effectively engage the transference
- 3.i Be aware of, process, and effectively engage counter-transference
- 3.j Identify and respond to enactments and symbolic communication within the psychoanalytic relationship\*
- 3.k Recognize and work with the patient's defenses and resistance
- 3.l Recognize psychoanalytic indicators of therapeutic change

#### **4. Integrative Psychoanalytic Competencies**

- 4.a Maintain an analytic attitude - a set of guiding stances and capacities that focus the analyst's attention and intention
- 4.b Maintain a consistent focus on core analytic aspects of treatment
- 4.c Create a comprehensive psychoanalytic case formulation
- 4.d Prioritize interventions recognizing various domains of patient experience
- 4.e Apply psychoanalytic models flexibly in response to the patient's individual context and conscious and unconscious needs
- 4.f Make use of the psychoanalytic relationship as a vehicle for change
- 4.g Make use of psychoanalytic supervision and consultation
- 4.h Evaluate and incorporate research on psychoanalysis and ancillary fields

\* Modified for the ACAP/BGSPNJ curricula