

ST3-PSY-AOP-EPA10 – Formal research

Area of practice	Psychotherapies	EPA identification	ST3-PSY-AOP-EPA10
Stage of training	Stage 3 – Advanced	Version	v0.5 (EC-approved 10/04/15)
<p>The following EPA will be entrusted when your supervisor is confident that you can be trusted to perform the activity described at the sophisticated standard of a practitioner with certificate training in psychotherapy. Your supervisor feels confident that you know how to conduct basic formal research activities such as a research project leading to publication in a peer-reviewed journal or a written or oral presentation at a psychotherapy conference.</p>			
Title	Formal research in psychotherapy.		
Description Maximum 150 words	<p>The trainee will engage or participate in a research activity related to their chosen modality of psychotherapy. This activity will involve psychotherapy-related research (theoretical, qualitative or quantitative) and lead to the preparation of a report suitable for publication in a peer-reviewed journal or a written or oral presentation at a psychotherapy conference. Trainees are encouraged to submit their reports for publication or presentation.</p>		
Fellowship competencies	ME	5, 7	HA
	COM		SCH 1, 2, 3
	COL		PROF 1, 2
	MAN		
Knowledge, skills and attitude required The following lists are neither exhaustive nor prescriptive.	<p>Competence is demonstrated if the trainee has shown sufficient aspects of the knowledge, skills and attitude described below.</p> <p>Ability to apply an adequate knowledge base</p> <ul style="list-style-type: none"> • The demonstration of knowledge about theoretical underpinnings of the psychotherapy modality. • Good knowledge of the existing literature in the chosen field and research methodologies. • Reasonable knowledge of basic types of qualitative and quantitative research approaches to assessing psychotherapy processes and outcomes. • Reasonable knowledge of research skills required to conduct a basic research project involving qualitative or quantitative research in psychotherapy leading to publication in a peer-reviewed journal or a written or oral presentation at a psychotherapy conference. <p>Skills</p>		

	<ul style="list-style-type: none"> • Literature review skills involving the ability to search existing resources (journals, books, search engines, databases) in the field of research to obtain the most relevant, current or pertinent research related to a clinical or theoretical issue in psychotherapy. • Ability to review an area of theoretical and clinical psychotherapy research and apply this review to specific clinical issues related to a training case. • Ability to critically appraise research related to a clinical or theoretical issue in psychotherapy. • Ability to establish and complete a research process or protocol and prepare a report on this research leading to publication in a peer-reviewed journal or a written or oral presentation at a psychotherapy conference. <p>Attitude</p> <ul style="list-style-type: none"> • Scholarly attitude to appraising and applying information from contemporary psychotherapy research. • Remaining ethical and patient centred in one's approaches, reflected in maintenance of confidentiality and appropriate adoption of the requirements of research ethics committees.
Assessment method	Progressively assessed during individual and clinical supervision, including three appropriate WBAs.
<p>Suggested assessment method details (These include, but are not limited to, WBAs)</p>	<ul style="list-style-type: none"> • Case-based discussion – with written and verbal presentation. • Professional presentation. • Assessment by supervisor (accompanied by formative feedback) of standard suitable to proceed.
<p>References</p> <p>LOEWENTHAL D & WINTER D, eds. <i>What is psychotherapeutic research?</i> London: Karnac, 2006.</p> <p>ROTH A & FONAGY P, eds. <i>What works for whom?</i> 2nd edn. New York: Guilford Press, 2005.</p>	

COL, Collaborator; COM, Communicator; HA, Health Advocate; MAN, Manager; ME, Medical Expert; PROF, Professional; SCH, Scholar