

<<Mandatory Certificate EPA>>

ST3-PSY-FELL-EPA4 – Research skills in psychotherapy

Area of practice	Psychotherapies	EPA identification	ST3-PSY-FELL-EPA4
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 standard of a practitioner with foundational training in psychotherapy (generalist advanced trainee or early-phase certificate trainee). Your supervisor feels confident that you have basic research skills such as conducting literature reviews and integrating information gathered into supervision and case work.</p>			
Title	Research skills in psychotherapy.		
Description Maximum 150 words	<p>The trainee should be able to engage or participate in a research activity related to their chosen modality of psychotherapy. This activity should be based on a literature search on empirical research or theoretical topics. This information could be integrated into supervision around case work or alternatively, it may be used to plan qualitative or quantitative research, with submission of the review and the plan. (It is not necessary to actually carry out the research to meet this EPA.)</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"> • Knowledge of the range of research methodologies and approaches to critical appraisal relevant to psychotherapeutic research. • Knowledge of the existing literature and research methodologies in the chosen field commensurate with the level of the trainee’s experience. • Reasonable knowledge of basic types of qualitative and quantitative research approaches to assessing psychotherapy processes and outcomes. <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 communicate clearly and concisely, using appropriate professional language. • Ability to appropriately justify and reference conclusions. <p>Attitude</p> <ul style="list-style-type: none"> • Scholarly attitude to appraising and applying information from contemporary psychotherapy research. • Ethical and patient-centred approach.
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