

## TM5D/Y Level 5 Diploma: Psychotherapy with Developmental and Relational Trauma



**NB:** All of the requirements of column A should be met through a CPCAB Level 4 Diploma or equivalent qualification. This document details which TM5D/Y criteria will support you in achieving column B status. It does not guarantee that you will be assessed as competent by your professional body, but offers you relevant and complementary learning opportunities.

<b>SCoPEd required competencies for therapists:</b>		<b>Relevant TM5D/Y criteria:</b>
Theme 1: Professional Framework		
1.13.Bi	<i>Ability to take an active role as a member of a professional community and participate effectively in inter-professional and multi-agency approaches to mental health where appropriate.</i>	These need working experience and cannot be taught through solely through a course.
1.13.Bii	<i>Ability to work in multi-disciplinary teams with other professionals to enhance therapeutic outcomes.</i>	
Theme 2: Assessment		
2.1.B	<i>Ability to use an initial and ongoing assessment strategy that is informed by a consistent, coherent and in-depth theoretical approach.</i>	Learning outcome 4
2.5.B	<i>Ability to conceptualise, evaluate and take account of a range of mental health problems, symptoms of psychological distress, functioning and coping styles (with due understanding of cultural norms), during assessment and throughout therapy.</i>	3.2, 4.1, 4.2
2.8.B	<i>Ability to devise and use a comprehensive risk assessment strategy.</i>	Criterion 1.2
2.11.B	<i>Ability to identify and respond to the impact of the technologically mediated environment on issues of identity and presence, including fantasies and assumptions about the therapist and client or patient.</i>	4.1, 4.3, 6.1
Theme 3: Therapeutic Relationship		
3.10.B	<i>Ability to work with issues of power and authority experienced in the 'unconscious' or 'out of awareness' processes of the client or patient as part of the therapeutic process.</i>	5.2
3.13.Bi	<i>Ability to critically reflect on the client's or patient's process to enhance the client's or patient's self-awareness and understanding of themselves in relationship.</i>	6.2, 6.4
3.13.Bii	<i>Ability to be aware of, and respond to, emotional shifts occurring in each session, with the aim of maintaining a level of emotional engagement appropriate for each circumstance.</i>	2.2, 5.3
3.16.B	<i>Ability to actively use own responses to the client or patient in a way that is therapeutic and consistent with the theoretical model or approach.</i>	5.1, 5.3, 5.4
3.21.B	<i>Ability to make use of ruptures or impasses in the therapy as opportunities for expanding the understanding of the client's or patient's subjective experience of their difficulties.</i>	2.4

3.23.B	<i>Ability to analyse and address difficulties in the immediacy of the therapeutic encounter to find ways to overcome such difficulties.</i>	2.3, 4.4, 5.3
3.24.B	<i>Ability to consider and manage complex issues arising when ending therapy in the light of the client's or patient's previous experience of endings.</i>	2.1, 2.3, (2.5) 4.4, 6.2, 6.4
Theme 4: Knowledge and skills		
4.2.B	<i>Ability to critically appraise a range of theories underpinning the practice of counselling and psychotherapy.</i>	5.1, 6.1
4.3.B	<i>Ability to work with suicidal risk and the often complex nature of suicidal ideation and (or) other self-harming behaviours and associated 'unconscious' or 'out of awareness' processes and perceptions.</i>	1.2, 2.3, 5.1
4.4.B	<i>Ability to use the therapeutic relationship to work with the client's or patient's 'unconscious' or 'out of awareness' perceptions, experiences and distortions of the therapist and the therapeutic relationship to enhance therapeutic change.</i>	2.3, 5.1, 5.2, 6.2
4.7.B	<i>Ability to demonstrate the capacity, knowledge and understanding of how to select and adapt interventions and (or) approaches to respond to the needs of the client or patient.</i>	4.3, 6.3
4.9.B	<i>Ability to reflect upon the complex and sometimes contradictory information gained from clients or patients and to coherently describe their present difficulties and the potential origins using a clear theoretical model or approach.</i>	6.1, 6.2
4.11.B	<i>Ability to recognise and explore with the client or patient the assumptions that underpin understanding of identity, culture, values and worldview.</i>	Learning outcome 3
4.15.B	<i>Ability to utilise audit and evaluation tools to monitor and maintain standards within practice settings.</i>	4.4
4.16.B	<i>Ability to draw upon and evaluate published research on counselling and psychotherapy, and integrate relevant research findings to enhance practice.</i>	6.1, 6.4
Theme 5: Self-awareness and reflection		
5.1.Bi	<i>Ability to be emotionally prepared for intense and complex work, which requires sustained reflexivity.</i>	1.1, 1.4, 7.4
5.1.Bii	<i>Ability to work with 'unconscious' and 'out of awareness' processes.</i>	2.3
5.4.B	<i>Ability to critically challenge own identity, culture, values and worldview.</i>	3.3, 5.1
5.6.B	<i>Ability to review and evaluate supervision arrangements take responsibility for adapting supervision to the evolving and changing requirements of ongoing practice.</i>	1.4, 5.5, 7.1