

Guide to Clinical Competency I and III (updated 4/15/2021)

Students are required to videotape all therapy sessions during their two year advanced in-house practicum sequence (provided the patient consents). The tapes are used to provide formative evaluations during weekly individual and group supervision and summative evaluations during students' third and fourth years (titled "Clinical Competency I and III").

The Parnes clinic postdoctoral fellow will randomly select one therapy session tape from each student during late fall of their third year and assign the tape to a faculty member. The faculty will rate the therapy session using either the Cognitive Therapy Rating Scale (CTRS) or the Psychodynamic Therapy rating Scale (PTRS) depending on whether the student is in the CBT or Psychodynamic program. In order to pass their third year Clinical Competency I, student therapists in the CBT program must score a minimum competency of a total score of 24 or higher on the CTRS, and at least a 3 on the interpersonal effectiveness item, and student therapists in the Psychodynamic program must score a minimum competency of 2 on the overall rating item on the PTRS.

These procedures will be repeated in the late fall semester of the students' fourth year, although a higher threshold will be used for achieving competency (Clinical Competency III), in order to ensure that students are acquiring a higher level of competency as they proceed through the program. In order to pass their fourth year Clinical Competency III, student therapists in the CBT program must score a minimum competency of 33 or higher on the CTRS, and at least a 4 on interpersonal effectiveness item, and student therapists in the Psychodynamic program must score a minimum competency of 3 on the overall rating item on the PTRS. If students switch tracks from psychodynamic to CBT or vice versa between the third and fourth years, the student therapist in the CBT track must score a minimum competency of 24 or higher on CTRS, and at least 4 on interpersonal effectiveness, and the student therapist in the Psychodynamic track must score a minimum competency of 2 on the overall item rating on the PTRS.

For both Clinical Competency I and III, a faculty member will rate one therapy session tape. Students that do not meet the minimum requirement are rated by the same faculty on another session. If the student fails the second session by the same rater, another faculty member will rate one of the two sessions. Students who fail after second rater rates the session may not be permitted to apply for externship or internship. An individualized remediation plan will be developed in order to help the student improve his/her therapy skills. If students do not meet competency by the end of the spring semester, they may have to repeat the lab and be prevented from going on externship/internship.

In addition to their purpose as a summative evaluation, the Clinical Competencies I and III are meant to be a didactic experience that promotes the development of student therapists. To that end, students are required to meet with the faculty member who rated their Clinical Competency exam to discuss the faculty feedback. After rating the session tape, the faculty will reach out to students to schedule a meeting. In preparation for that meeting, students will watch the same therapy session tape that was rated by the faculty and make self-ratings on the CTRS or PTRS, as appropriate. Students should be prepared to discuss their self-observations and rationales for their self-ratings on each CTRS or PTRS item.

The Parnes Clinic postdoctoral fellow will provide a summary of students' Clinical Competency I and III ratings to their individual and group supervisors, in order to facilitate ongoing supervision and identify areas of improvement for targeted supervision, if indicated.

Once students have passed the Clinical Competencies I and III and have met all other program requirements, they will be permitted to apply for their clinical internship. Successful completion of the clinical internship now constitutes Clinical Competency IV and is a requirement for graduation from the program. All graduates of the program are encouraged to apply for licensure once they have completed their internship and postdoctoral training, and have passed the EPPP exam. Achieving licensure is the fifth and final clinical competency (Clinical Competency V).

CTRS:

The program has used the Cognitive Therapy Rating Scale (CTRS) to provide formative feedback since CBT training was initiated in the clinical program in 2001. The CTRS provides summative feedback at the end of the third year and the fourth year.

PTRS:

The program has developed a new scale to assess competence and provide summative feedback at the end of the third year and the fourth year for evaluating psychodynamic competency. The Psychodynamic Therapy Rating scale (PTRS) is based in form on the CTRS and used to rate student videotapes. Items, however, correspond to crucial psychodynamic constructs such as Tracking Process, Heightening/Regulation Emotion, Transference, etc.