Psychiatry: Core EPA #8

Delivering psychodynamic, group, and family psychotherapies

Key Features:

- This EPA applies the knowledge and skills developed in psychotherapy to inform an assessment and provide appropriate psychotherapeutic interventions amongst various modalities, as well as ongoing assessment of the patient's response to the intervention.
- This includes the delivery of individual psychodynamic therapy, and family or group therapy.
- This includes identifying and empathizing with the patient, maintaining a collaborative relationship with the patient (and family), fostering the therapeutic alliance, recognizing and repairing tensions or ruptures in the alliance, and adapting the psychotherapeutic intervention to the individual patient context (trauma, culture, spiritual, social, biological).
- This also includes educating the patient and/or family on the rationale and therapeutic components of the prescribed psychotherapeutic intervention.
- The assessor should include details in the narrative assessment regarding which **Psychodynamic Psychotherapy interventions** were correctly utilized and could include exploration of transference/ countertransference, interpretation, working through resistance, promoting insight, recognize maladaptive patterns and link to past experiences, recognize defenses, exploration of object relations, encouraging emotional expression
- The assessor should include details in the narrative assessment regarding which **Group Psychotherapy interventions** were correctly utilized and could include establishing group norms, facilitating cohesion, exploring relational dynamics, managing conflict, using group feedback, facilitating group process, managing group dynamics
- The assessor should include details in the narrative assessment regarding which **Family Psychotherapy interventions** were correctly utilized and could include enhancing communication, identifying and restructuring family roles, exploring family dynamics, conflict resolution, strengthening emotional bonds, reframing, setting boundaries and addressing dysfunctional patterns, emotional regulation, strength-based interventions
- Observations of achievement should be entrustable to the level of a generalist psychiatrist.
- Longitudinal elements relevant to this EPA may be assessed using alternate methods e.g., ITER/ITAR[7].
- It is recommended that EPA observations should be planned collaboratively before or at the time of the activity.

Assessment plan:

Direct observation or review of audio, video or transcript by psychiatrist, or other mental health professional trained in the modality

Use form 4 (narrative feedback)

[7] ITER/ITAR is not available on the eportfolio platform

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Collect 4 observations of achievement

- At least 1 of family or group therapy
- At least 1 observation of psychodynamic psychotherapy of the more foundational interventions (e.g., recognize defenses, recognize maladaptive patterns and link to past experiences)
- At least 1 observation of psychodynamic psychotherapy of the more advanced interventions (e.g., exploration of transference/ countertransference, working through resistance)

CanMEDS Milestones:

1 **ME 1.3** Apply knowledge of the principles of psychotherapy to patient care

2 **COL 1.3** Integrate the patient's perspective and context into the collaborative care plan

3 **ME 3.4** Provide psychotherapeutic interventions

4 **COM 1.3** Recognize when the values, biases, or perspectives of patients, physicians, or other health care professionals may have an impact on the quality of care, and modify the approach to the patient accordingly

5 **COM 1.5** Establish boundaries as needed in emotional situations

6 **COM 1.5** Recognize when strong emotions (such as, anger, fear, anxiety, or sadness) are affecting an interaction and respond appropriately

7 **COM 1.1** Establish, repair when necessary, and maintain a therapeutic alliance with the patient

8 **ME 1.6** Adapt care as the complexity, uncertainty, and ambiguity of the patient's clinical situation evolves

9 **ME 2.2** Assess patient response to psychotherapy

10 **P 1.1** Exhibit appropriate professional behaviours

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