Psychiatry: Foundations EPA #5

Providing CBT psychotherapy for routine patients

Key Features:

- This EPA focuses on the application of foundational knowledge in psychotherapy to assess and determine suitability of patients with uncomplicated presentations for cognitive behavioural therapy (CBT), establish an appropriate and professional relationship with the patient, and select and apply appropriate interventions aligned with the needs of the patient and the goals of CBT.
- This includes identifying and empathizing with the patient, developing a collaborative relationship, and recognizing the importance of the therapeutic alliance.
- This includes educating the patient on the basics of the rationale and therapeutic components of the prescribed psychotherapeutic intervention.
- This includes recognizing, avoiding, and addressing boundary concerns or crossings.
- The assessor should include details in the narrative assessment regarding which **CBT interventions** were correctly utilized and may include: cognitive restructuring or reframing, exposure therapy, journaling and thought records, activity scheduling and behavioural activation, behavioural experiments, relaxation and stress reduction techniques, role playing, and/or successive approximation.
- The observation of this EPA is based on individual patient encounters that occur while providing foundational psychotherapy, specifically CBT; it is divided into two parts: a) assessing suitability and establishing the therapeutic relationship in CBT; and b) utilizing CBT interventions with entrustability.
- It is recommended that EPA observations should be planned collaboratively before or at the time of the activity.
- Longitudinal elements relevant to this EPA may be assessed using an ITER/ITAR[2].

Assessment plan:

Part A: Assessing suitability and establishing the therapeutic relationship in CBT

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

Use form 4 (narrative form)

Collect 2 observations of achievement of establishing the therapeutic relationship and assessing suitability for CBT

Part B: Utilizing CBT interventions with entrustability

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

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

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Use form 4 (narrative form):

Collect 2 observations of achievement

CanMEDS Milestones:

Part A: Establishing a therapeutic relationship

1 **ME 1.3 Apply knowledge of the principles of psychotherapy to patient care**
2 **ME 2.2 Assess patient suitability for psychotherapy**
3 **COM 1.1 Establish a working relationship with patients demonstrating interest and empathy**
4 **COM 1.1 Establish and maintain a therapeutic alliance with uncomplicated patients**
5 **COM 1.5 Recognize potential boundary concerns or crossings and address them appropriately with the patient when relevant**
6 **ME 3.1 Use the common factors of psychotherapy in delivering therapy to patients (e.g., alliance, empathy, etc.)**
7 **COM 1.5 Accurately identify patient emotions, particularly sadness, anger, and fear and reflect the core feelings and key issues for the patient during the session**
8 **COL 1.3 Integrate the patient's perspective and context into the collaborative care plan**
9 **P 1.1 Exhibit appropriate professional behaviours**

Part B: Integrating CBT interventions into patient care

1 **ME 1.3 Apply knowledge of the principles of psychotherapy to patient care**
2 **ME 3.1 Use the common factors of psychotherapy in delivering therapy to patients (e.g., alliance, empathy, etc.)**
3 **ME 3.1 Select and apply the CBT interventions appropriate for the presenting concern**
4 **COM 1.5 Recognize potential boundary concerns or crossings and address them appropriately with the patient when relevant**
5 **COM 1.5 Accurately identify patient emotions, particularly sadness, anger, and fear and reflect the core feelings and key issues for the patient during the session**
6 **COL 1.3 Integrate the patient's perspective and context into the collaborative care plan**

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7 **HA 1.1 Recognize, adapt, and respond to the patient's individual needs and issues**

8 **P 1.1 Exhibit appropriate professional behaviours**

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