

Psychiatry: Core EPA # 6

Integrating the principles and skills of psychotherapy into patient care

Key Features:

- This EPA applies the knowledge and skills developed in psychotherapy to inform an assessment, and provide appropriate psychotherapeutic interventions and ongoing assessment of the patient's response to the intervention.
- This includes identifying and empathizing with the patient, developing a collaborative relationship with the patient and family, recognizing the importance of therapeutic alliance, recognizing and repairing tensions/ruptures in this 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.
- This EPA includes delivery of individual Cognitive Behavioural Therapy (CBT), individual psychodynamic therapy, family or group therapy, and at least one other evidence-based psychotherapy.
- Long term psychodynamic therapy is recommended but not required for achievement.
- The observation of this EPA is divided into two parts: performing psychotherapy; a log of psychotherapy experiences.

Assessment plan:

Part A: Performing psychotherapy

Direct observation or review of audio, video or transcript by supervisor, TTP psychiatry resident or Core/TTP psychiatry subspecialty resident trained in selected modality, or other mental health professional trained in the modality

Use form 1: Form collects information on:

- Setting: emergency; inpatient unit; consultation liaison; outpatient
- Demographic: child; youth; adult; older adult
- Case type: anxiety disorder; eating disorder; mood disorder; obsessive compulsive disorder; personality disorder; psychotic disorder; substance use; trauma; other disorder
- Therapeutic modality: DBT; CBT; IPT; MI; mindfulness; psychodynamic (short term or long term); group therapy; family therapy; supportive therapy; emotion focused therapy (EFT); other
- Treatment: integrated; longitudinal

Collect 13 observations of achievement

- At least 3 psychodynamic psychotherapy sessions
- At least 3 CBT sessions
- At least 2 family or group therapy sessions
- At least 2 sessions in one other evidence-based modality

- At least 3 observations demonstrating integration of psychotherapeutic interventions in regular clinical care

Part B: Logbook

Submit logbook of psychotherapy sessions and any other assessments (specific to the assessment of psychotherapy) required by program to Competence Committee

Logbooks tracks:

- Modality (write-in):
- Treatment (write-in):

Relevant Milestones:

Part A: Performing psychotherapy

- 1 **ME 1.3** Apply knowledge of the principles of psychotherapy to patient care
- 2 **ME 1.6** Adapt care as the complexity, uncertainty, and ambiguity of the patient's clinical situation evolves
- 3 **ME 2.2 Assess patient suitability for psychotherapy**
- 4 **ME 2.2** Assess patient response to psychotherapy
- 5 **ME 3.1 Select a psychotherapeutic modality and tailor the selected psychotherapy to the patient on the basis of an appropriate case formulation**
- 6 **ME 2.4** Integrate the selected psychotherapy with other treatment modalities
- 7 **ME 3.4 Deliver the psychotherapeutic intervention**
- 8 **ME 4.1** Establish plans for ongoing care
- 9 **COM 1.1 Establish, repair when necessary, and maintain a therapeutic alliance with the patient**
- 10 **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
- 11 **COM 1.5 Recognize when strong emotions (such as, anger, fear, anxiety, or sadness) are affecting an interaction and respond appropriately**
- 12 **COM 1.5** Establish boundaries as needed in emotional situations
- 13 **COM 5.1** Adapt record keeping to the specific guidelines of their discipline and the clinical context
- 14 **COL 1.3** Integrate the patient's perspective and context into the collaborative care plan
- 15 **HA 1.2** Apply the principles of behaviour change during conversations with patients about adopting healthy behaviours
- 16 **P 1.1 Exhibit appropriate professional behaviours**