

Psychiatry: Core EPA # 6c:

Applying and Integrating Psychosocial Skills and Principles in General Psychiatric Care

Key Features:

- This EPA applies the knowledge and skills developed in psychotherapy to inform a comprehensive assessment and treatment plan in general psychiatry and to integrate and apply a broad repertoire of psychosocial skills and principles with diverse populations in various clinical settings across the life span.
- This includes therapeutic communication and empathizing with the patient, developing a collaborative relationship with the patient, family, and care providers, 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 interventions and advancing continuity of collaborative care when needed.
- This EPA includes delivery and integration of psychotherapy interventions in general practice, e.g., DBT skills in crisis/ER, behavioural activation and group therapy on inpatient unit, family-based or relationship-centred interventions on geriatric, child, C/L, or inpatient rotations, supportive psychotherapy with SPMI patient, MI-based interventions with medication adherence and substance use

Assessment plan:

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

Relevant Milestones

1. Identify and empathize with patient's thoughts, emotions, vulnerabilities, needs, and strengths in context
2. Applies common factors and specific psychotherapy techniques (e.g. CBT/DBT/MI/psychodynamic/supportive/family therapy) outside of a discrete psychotherapy session.
3. Adapts approach to unique individual and cultural factors, trauma history, and illness trajectory including acuity, chronicity, complexity, and comorbidity
4. Facilitate the patient to overcome internal and external barriers in applying therapy skills
5. Build on patient's unique strengths and resources to promote empowerment, dignity, and recovery