

PRACTICAL ADVICE COLLATED FROM PAST EMAILS AND INTRAIN HANDOUTS, ABOUT COMPLETING THESE EPAS

This refers to the Stage 2 EPAs:

- **CBT for Anxiety**
- **Supportive Psychotherapy**
- **Therapeutic Alliance**

ACHIEVING THESE EPAS WHERE THE MAIN SUPERVISOR FOR YOUR SHORT CASES IS A TEAM PSYCHOLOGIST:

If you do all or some of the short therapy cases with a team psychologist, use the paper WBA forms from the front page of our website (e.g. for doing a CbD or a DOPS). The process is:

- you agree with the psychologist what type of WBAs you will do.
- remember that to do a DOPS you need to get the patient's consent to audio-record a session, and then you bring that recording to supervision with the psychologist to review. The patient consent form is here: <http://www.psychtraining.org/Therapy-CBT-recording-consent-form.pdf>
- you print off the relevant paper WBA form from the front page of our website. Fill in your name, the date and the brief case description.
- you do a supervision session focussing on the WBA with the psychologist and they fill in the feedback and grades on the paper form.
- you kick off the relevant type of WBA form in Intrain and put your principal (psychiatrist) supervisor as the supervisor for the WBA.
- you give the paper WBA form that the psychologist filled in to your principal (psychiatrist) supervisor and they copy it into Intrain and sign it off confirming that they are the completing supervisor. DON'T leave giving them all of these paper forms to the very end of the run! Pass them on to your principal supervisor as soon as they're completed.
- at the mid-run point you discuss your progress/plan for this psychotherapy EPA with your principal (psychiatrist) supervisor. Review the Knowledge and Skills list in the EPA document (accessible within Intrain) with your supervisor, and discuss that - e.g. at least discuss what you've read and studied so as to meet the Knowledge requirement, or what you plan to do for this.
- Near the run's end you kick off the relevant EPA form in Intrain and assign your principle (psychiatrist) supervisor to it as the completing supervisor. If you do the form earlier in the run it just sits there in your supervisor's queue until the end of the run.
- Near the run's end your principal supervisor can liaise with your psychologist supervisor for the EPA to check your overall development of knowledge, skills and attitudinal competencies.
- Near the end of the run you talk in more detail about the knowledge and skills you have gained for this EPA with your principal supervisor, backed up by the 3 WBAs done with your psychologist supervisor, which are now copied into Intrain. Your principal supervisor (hopefully) feels your competencies for this EPA are reasonable, and completes the EPA form in Intrain (easier for them if you have already kicked off the EPA form in Intrain, but if you forgot to, they can initiate it).

SPECIFIC ADVICE ABOUT THE [CBT EPA](#)

Our local guide to this is here: <http://www.psychtraining.org/Guide-to-Achieving-the-CBT-EPA.pdf> (available at the "Psychotherapy training" page of our website).

Read this and the EPA document linked in the title above and be guided by the detailed content regarding what the college wants this EPA to include. Review the Knowledge and Skills that you need to achieve (or have achieved) with your principal supervisor at the mid-run and end-of-run points, even if you do the actual WBAs for this EPA (and do the short CBT cases) with a team psychologist.

Note that you don't have to do the 3 short cases solely with patients with anxiety disorder. The diagnosis could be depression, with anxiety one of the aspects to be managed. Or you can learn general CBT skills with a patient treated mainly for depression, then read up and discuss in supervision about how to vary your technique for management of anxiety. The 3 short cases can be done with patients of all ages except young children.

SPECIFIC ADVICE ABOUT THE [SUPPORTIVE THERAPY EPA](#)

Our local programme recommendation is that you should be guided by the detailed content of the EPA document (linked in the title above) regarding what the college means by Supportive Psychotherapy. Review the Knowledge and Skills that you need to achieve (or have achieved) with your principal supervisor at the mid-run and end-of-run points. We recommend that you do brief therapy with 3 patients (e.g. the same number as the CBT EPA) - but note that there is no required number of cases in the EPA document so that can't be enforced. The therapy modalities used can be varied - a Motivational Interviewing approach, or Adherence Therapy, or Grief Therapy, or Problem-Solving Therapy, or brief individual psychotherapy at the supportive end of the "Supportive/Dynamic Continuum", for example to support a patient through a crisis. The main principle is that you stay mostly in the here and now and use practical support, advice and supportive techniques, rather than taking a psychodynamic or "uncovering" approach. It should be an arranged period of therapy with the patient, not just follow-up-as-usual, and you should organise supervision with your principal supervisor or with a team psychologist. The 3 short cases that we recommend you do can be done with patients of all ages except young children.

SPECIFIC ADVICE ABOUT THE [THERAPEUTIC ALLIANCE EPA](#)

College name is "Psychodynamically informed patient encounters and managing the therapeutic alliance."

Again, be guided by the detailed content of the EPA document (linked in the title above) regarding what the college wants this EPA to cover. Review the Knowledge and Skills that you need to achieve (or have achieved) with your principal supervisor at the mid-run and end-of-run points. This is mainly about competency in managing the therapeutic alliance in general clinical work, not necessarily by doing psychotherapy cases per se (although it could include this). It's about using psychodynamic knowledge and skills in general patient (and family) interactions – e.g. understanding how defences, transference and countertransference can affect all relationships, and the importance of boundaries. Doing short therapy cases is not required for this EPA. Typical WBAs done for this EPA are Case-based-Discussions (CbDs) using cases where psychological aspects of the case and managing the therapeutic alliance were a feature. The EPA form is signed off by your principal (psychiatrist) supervisor.

Note that just doing the therapy for your PWC case or writing up and passing the PWC case are not enough by themselves to achieve this Stage 2 EPA - it's a separate training requirement.

cheers, Felicity

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