

## Postdoctoral Residency Competencies for Group Psychology and Group Psychotherapy Specialty

### 1. Integration of Science and Practice

- Demonstrates the use of evidence-based knowledge and interventions for planning and facilitating groups.
  - Conducts effective group organization practices such as screening, orientation, and group process commentary.
  - Applies the scientific principles from current research findings to group members' problems, issues and concerns.

### 2. Ethical and Legal Standards/Policy

- Recognizes ethical dilemmas and concerns related to group psychotherapy and uses an ethical decision making model when ethical dilemmas arise in groups.

### 3. Consultation and Evaluation

- Demonstrates an ability to work constructively with interdisciplinary mental health professional teams.
- Engages in evaluative practices as applied to groups such as cohesion, group progress, and the like.

### 4. Supervision and Teaching

- Applies a supervision model when working with mental health professionals in training such as in practicum and internship.
- Presents information relative to group psychology and group psychotherapy in venues such as case presentations, grand rounds and the like.

### 5. Assessment

- Demonstrates an ability to evaluate the group's and group members' needs and progress.
- Uses appropriate assessment measures and instruments for screening and progress.

### 6. Professional Values, Attitudes and Behaviors

- Demonstrates an awareness of personal values, attitudes and behaviors that have the potential to affect the therapeutic process.

- Conceptualizes and implements a self-reflective process related to group facilitation.

#### 7. Intervention

- Facilitates the emergence of group therapeutic factors such as universality, hope, catharsis and cohesion.
- Effectively intervenes to prevent and/or address problematic group member behaviors such as monopolizing, story-telling, and help-rejecting.
- Effectively and safely manages members' expression of difficult emotions such as anger, fear, guilt and shame.

#### 8. Individual and Cultural Diversity

- Facilitates the therapeutic experience for groups composed of diverse individuals.
- Conceptualizes the role of power dynamics in groups.
- Demonstrates an ability to intervene effectively when issues such as marginalization and microaggressions occur in groups.