

## **Clinical Health Psychology Postdoctoral Residency Competencies**

### **Integration of Science and Practice**

- Understands and uses evidence-based approach to clinical health psychology practice that integrates the best available research, clinical expertise, and new and emerging health technologies.
- Demonstrates the ability to formulate and test empirical questions informed by clinical problems encountered, clinical services provided, and the clinical settings within which resident works.

### **Ethical and legal standards**

- Acts in accord with hospital/medical center/organization bylaws, credentialing, privileges, and staffing responsibilities (e.g., documentation, attendance at staff meetings, etc.) as they pertain to postdoctoral residents.
- Recognizes and manages ethical and legal issues that arise during clinical health psychology professional service, training, and research activities.
- Recognizes and manages conflicts when they arise between the ethical code for a clinical health psychologist (i.e., *APA Ethical Principles of Psychologists and Code of Conduct*) and ethical codes of other health care team members.

### **Individual and cultural diversity**

- Demonstrates awareness of self and others, including patients and health care providers as cultural beings across a number of diversity-related characteristics.
- Develops effective and productive relationships with diverse individuals, families, and groups.
- Selects, implements, and monitors prevention, assessment, and intervention efforts based on knowledge of diversity-related characteristics, including health belief models and attitudes towards health and wellness.
- Accounts for the relations between environmental, social, health disparity, and cultural factors on the development and maintenance of health problems when assessing and treating health conditions or implementing prevention efforts.
- Pursues professional development, continuing education and multicultural experiences to enhance knowledge of individual and cultural diversity.

### **Research and/or Program Evaluation**

- Applies scientific methods from psychology and related health disciplines to examine biopsychosocial processes as they relate to health promotion, illness prevention, or disease progression or maintenance.
- Analyzes data from a research or program evaluation project that evaluates the effectiveness or quality of clinical health psychology services within health care settings and communicates findings clearly.

### **Professional Values and Attitudes**

- Demonstrates an emerging professional identity as a clinical health psychologist who understands unique contributions of clinical health psychology to health care.

- Demonstrates awareness of issues and challenges unique to working in health care settings and systems.
- Engages in ongoing self-assessment of competencies in clinical health professional activities.
- Applies scientific knowledge and skills in clinical health psychology to advocate for needs of individuals/groups across systems and to advocate for equity and access to quality care.

### **Management/Administration and Leadership**

- Communicates effectively and develops productive relationships with peers, trainees, supervisors, other professionals, and members of the community.
- Able to develop or enhance a clinical health psychology practice, educational program, or program of research.
- Conducts the business of a health psychology practice, educational program, and/or research management using knowledge of the structure, regulation, and financing of the health care system.
- Demonstrates leadership within an interprofessional team or organization in the health care setting (e.g., coordinating data collection for an interdisciplinary research project, team leadership, leadership of a committee).

### **Assessment**

- Selects and applies evidence-based biopsychosocial assessment methods appropriate for the patient's physical illness, injury, or chronic health condition/disability and collects relevant data using multiple sources and methods appropriate for identified presenting problems and assessment question.
- Conducts comprehensive biopsychosocial interviews; evaluates and incorporates objective biological and psychosocial findings related to physical health or illness, injury, or disability, to inform case conceptualization and recommendations.
- Communicates in accurate and effective oral and written documents assessment findings to patients and interprofessional healthcare team members.
- Assesses factors that facilitate or inhibit knowledge, values, attitudes, or behaviors affecting health functioning, treatment and treatment adherence and health care utilization of patients, and when applicable, populations.
- Assesses the biopsychosocial impact of undergoing medical procedures (e.g., screening, diagnostic, and intervention/prevention procedures)

### **Intervention**

- Accesses, evaluates, utilizes, and integrates biopsychosocial information in designing and implementing treatment, disease management, health promotion, or prevention interventions; using new and emerging health technologies when applicable/available.
- Implements evidence-based biopsychosocial interventions to treat or prevent health and behavioral health-related issues of patients and, when applicable, populations.
- Evaluates, selects, and administers appropriate biopsychosocial assessments to monitor and evaluate the process and outcomes of treatment for patients and, when applicable, populations.

- Monitors adherence to medical treatment and psychological interventions and demonstrates skill in addressing health behaviors to improve adherence.

### **Teaching and Supervision**

- Provides effective teaching activities for clinical health psychology concepts and practices or methods and procedures for health-related research to other health care professions (i.e., interprofessional education).
- Applies knowledge of supervision in the supervision of clinical health psychology skills, conceptualizations, and interventions for psychologists, psychology trainees, or behavioral health providers from other health professions.
- Provides feedback in a supervisory relationship that is direct, clear, timely, behaviorally anchored.

### **Consultation and Interprofessional /Interdisciplinary Skills**

- Fulfills the roles and expectations of a clinical health psychologist and recognizes and demonstrates understanding of and respect for the roles and perspectives of interprofessional colleagues and teams in healthcare settings.
- Conceptualizes referral questions that incorporate understanding of the roles of patient, caregiver, other provider, and/or health system to answer the consultation questions effectively.
- Translates and clearly communicates relevant scientific findings as they bear on healthcare consultation/liaison questions.
- Engages interprofessional individuals and teams to increase the likelihood of appropriate early referrals to clinical health psychologists as opposed to “last resort” consultation.