

Competencies for Postdoctoral Specialty Training in Rehabilitation Psychology

Integration of Science and Practice

- Demonstrate understanding of biological bases of behavior, cognitive-affective bases of behavior, social/cultural bases of behavior, and development across the lifespan.
- Develop questions and implement research in clinical rehabilitation activities and in health-care systems (including program evaluation and quality improvement projects) to improve the organization, delivery, and effectiveness of care.
- Locate evidence from scientific studies relevant to specific health problems, apply knowledge of research design and statistical methods to the appraisal of study findings, and select appropriate evidence on diagnostic and therapeutic effectiveness to improve care.

Ethical and Legal Standards

- Behave in accordance with the APA's Ethical Principles and Code of Conduct and demonstrate an understanding of the role of ethical codes of other professions in interprofessional care.
- Demonstrate the ability to address the types of ethical dilemmas that occur in rehabilitation settings such as withdrawal of life-sustaining treatments and decisional capacity in people with severe cognitive or physical disabilities.
- Understand and apply appropriate ethical, legal, and regulatory standards and guidelines to professional activities.
- Demonstrate understanding and application of disability-relevant federal and state legislation (e.g., Americans with Disabilities Act, IDEA) as they apply to individuals with disabilities.

Individual and Cultural Diversity

- Demonstrate an emphasis on the human worth of people with impairment or disability and the importance of their integration into the society at large.
- Demonstrate an understanding of and respect for diversity in faculty, trainees, people with disabilities, and others in a manner that reflects psychology's ethical principles and professional standards including current APA Guidelines for Assessment of and Intervention with Persons with Disabilities.
- Describe barriers faced by individuals with disabilities and associated prejudices and discrimination that may occur across areas of life participation.
- Demonstrate familiarity with disability culture and identity development and the complexities associated with intersecting diverse identities.

Specialty Identification and Professional Values and Attitudes

- Demonstrate knowledge of the history of rehabilitation psychology and its bio-psycho-social foundations, disability history including the disability rights movement, and the social psychology foundations of rehabilitation psychology.

- Demonstrate understanding of models of disability including the medical, moral, social, diversity/minority, and bio-psycho-social models.
- Demonstrate understanding of team science and a commitment to interprofessional collaborative care.
- Engage in activities to maintain and improve performance, well-being, and effectiveness including participation in the rehabilitation psychology professional community.

Assessment

- Describe the rationale for selection and use of specific assessment measures, the impact of demographic variables, the relevant literature related to assessment in specific health, mental health, and disability populations, and the use of assessment data for treatment planning.
- Demonstrate skill in evidence-based assessments with individuals and families experiencing problems related to disability and chronic health conditions with a focus on the person-task-environment interaction. Assessment focus areas may include:
 - Adaptation to disability by the individual and the family
 - Personality/emotional functioning
 - Sexual functioning
 - Pain
 - Sleep
 - Substance use/abuse
 - Sensory-perceptual, motor, language, and cognitive function
 - Social, vocational, and educational function
 - Preserved strengths, abilities, and functioning

Intervention

- Demonstrate skill in selection and implementation of evidence-based interventions targeting a broad range of health, mental health, and social issues.
- Demonstrate skill in tailoring and conducting evidence-based interventions for individuals and families experiencing problems related to disability and chronic health conditions that focus on the person-task-environment interaction. Intervention focus areas may include:
 - Adaptation to disability by the individual and the family
 - Personality/emotional functioning
 - Sexual functioning
 - Pain
 - Sleep
 - Substance use/abuse
 - Sensory-perceptual, motor, language, and cognitive function
 - Social, vocational, and educational function
 - Enhancing strengths, abilities, and functioning
- Demonstrate use of serial evaluation of intervention effectiveness.
- Facilitate access to institutional and community resources that support ongoing adjustment and social participation (e.g., peer support organizations, centers for independent living, vocational rehabilitation).

Interprofessional Consultation and Communication

- Participate in interprofessional collaboration and consultation at the clinical team level, the program level, and the community level to provide comprehensive and effective care for people with disabilities and their families.
- Consult and collaborate on team interactions, systems dynamics, program quality improvement activities, disability and health issues, and advocacy and rights issues to maximize quality of life for people with disabilities.
- Demonstrate informative, accurate, and well-integrated communication skills in written documentation and narrative presentation appropriate to the recipient(s).

Advocacy/Consumer Protection

- Advocate for the individual's rights, equitable treatment, and autonomy in health care, life activities, and community participation.
- Demonstrate awareness of community resources supporting the individual's safety, autonomy, and participation.