

C-9 P(j). Postdoctoral Residency Level 3 – Specialty Competencies
Group Psychology and Group Psychotherapy
(Commission on Accreditation, February 2022)

Programs that are accredited in a substantive specialty practice area, as identified in IR C-5 P, are required to provide advanced preparation for practice in the competencies and associated elements associated with the specialty practice area. Specialty competencies must be operationalized in terms of multiple elements and must, at a minimum, reflect the bulleted content for each required specialty competency.

I. Professional Values and Attitudes

Postdoctoral residents are expected to:

- demonstrate an awareness of personal values, attitudes and behaviors that have the potential to affect the group therapeutic process.
- conceptualize and implement a self-reflective process related to group facilitation.

II. Assessment

Postdoctoral residents are expected to:

- engage in evaluative practices as applied to groups, for example: cohesion and group progress.
- demonstrate an ability to evaluate the group's and the group member's needs.
- use appropriate assessment measures and instruments for screening and progress.

III. Intervention

Postdoctoral residents are expected to:

- facilitate the therapeutic experience for groups composed of diverse individuals.
- effectively intervene to address problematic group behaviors.
- effectively manage group member's expression of emotions and affect.
- conceptualize the role of power dynamics in groups.
- demonstrate the ability to intervene effectively when issues such as marginalization and microaggressions occur in groups.

IV. Supervision/Teaching

Postdoctoral residents are expected to:

- demonstrate the ability to apply a supervision model when working with mental health professionals in training.
- present information relative to Group Psychology and Group Psychotherapy in relevant venues (such as case presentations or grand rounds).

V. Consultation and Interprofessional Skills

Postdoctoral residents are expected to:

- demonstrate the ability to work constructively with interdisciplinary mental health professional teams.
- demonstrate knowledge of consultation models and practices related to Group Psychology and Group Psychotherapy.