

C-9(a) P. Postdoctoral Residency Level 3 – Specialty Competencies
Behavioral and Cognitive Psychology
(Commission on Accreditation, September 2021)

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. Research

Postdoctoral residents are expected to:

- engage in Behavioral and Cognitive Psychology scholarly activities which could include but are not limited to research, evaluation, or other form of inquiry.
- apply scientific methods in Behavioral and Cognitive Psychology activities.

II. Professional values and attitudes

Postdoctoral residents are expected to:

- behave in ways that reflect the values and attitudes of psychology and Behavioral and Cognitive Psychology, including integrity, deportment, professional identity, accountability, lifelong learning, and concern for the welfare of others.
- engage in self-reflection regarding one's personal and professional functioning; engage in activities to maintain and improve performance, well-being, and professional effectiveness.
- actively seek and demonstrate openness and responsiveness to feedback and supervision.
- respond professionally in increasingly complex situations with independence.
- use outcome data to monitor effectiveness in professional activities.
- demonstrate an emerging professional identity consistent with the Behavioral and Cognitive Psychology specialty.

III. Communication and interpersonal skills

Postdoctoral residents are expected to:

- develop and maintain effective relationships with a wide range of individuals, including colleagues, communities, organizations, supervisors, supervisees, and those receiving professional services.
- produce and comprehend oral, nonverbal, and written communications that are informative and well-integrated; demonstrate a thorough grasp of professional language and concepts.
- demonstrate effective interpersonal skills and the ability to manage difficult communication well.

IV. Assessment

Postdoctoral residents are expected to:

- select, apply, and interpret assessment methods reflective of Behavioral and Cognitive Psychology.
- demonstrate knowledge of how standardized and objective assessment methods are used in the delivery of behavioral and cognitive psychological interventions.
- communicate orally and in written documents the findings and implications of the assessment in an accurate and effective manner sensitive to a range of audiences.

V. Intervention

Postdoctoral residents are expected to:

- evaluate intervention effectiveness using sources of evidence consistent with behavioral and cognitive principles and adapt intervention goals and methods consistent with ongoing evaluation.
- apply behavioral and cognitive principles as they relate to case-conceptualization, intervention design, application, and assessment of intervention effectiveness.
- demonstrate knowledge of the behavioral and cognitive theoretical underpinnings for specific intervention design and delivery.
- use evidence-based strategies to develop effective therapeutic relationships with the recipients of behavioral and cognitive interventions.

VI. Supervision

Postdoctoral residents are expected to:

- demonstrate knowledge of supervision models and practices reflective of a behavioral and cognitive psychological approach.
- apply this knowledge in direct practice with psychology trainees, or other health professionals.

VII. Consultation and interprofessional skills

Postdoctoral residents are expected to:

- demonstrate knowledge and respect for the roles and perspectives of other professions.
- demonstrate knowledge of how the practice of the Behavioral and Cognitive Psychology integrates into larger organizational systems.