SELF-EVALUATION PSYCHOTHERAPY COMPETENCY TOOL FOR PSYCHIATRIC MENTAL HEALTH NURSE PRACTITIONER (PMHNP) STUDENTS

Students should self-evaluate their competencies using the following 5-point Likert scale: 1. Strongly disagree. 2. Disagree. 3. Neither agree nor disagree. 4. Agree. 5. Strongly agree.

DOMAIN 1: PROFESSIONALISM	RATING
1. I learned professional values that guide my work as a PMHNP-in-training.	
DOMAIN 2: CULTURAL DIVERSITY	
2. I can apply knowledge of my own dimensions of diversity and attitudes toward diverse others in clinical work.	
3. I can apply knowledge of another individual's dimension of culture, diversity, and attitudes in my clinical work (i.e., assessment, treatment, and consultation).	
4. I can apply knowledge, awareness, and understanding of how diversity affects interactions between myself and diverse others.	
DOMAIN 3: ETHICAL AND LEGAL STANDARDS	
5. I can apply an ethical decision model in responding to an ethical concern or dilemma.	
6. I can integrate my own moral/ethical principles with my professional conduct.	
DOMAIN 4: REFLECTIVE PRACTICE/SELF-ASSESSMENT/SELF CARE	
7. I feel self-aware, can self-monitor, and use appropriate resources to enhance self-care.	
8. I can accurately perform a self-assessment of competence and training needs.	
9. I know how to maintain personal well-being (e.g., health-maintaining behaviors, work-life balance).	

DOMAIN 5 APPLICATION OF KNOWLEDGE/SKILL

10. Interviewing: I am comfortable with technical and interpersonal skills in diagnostic interviewing.	
11. Psychometrics: I can select and use assessment tools with attention to issues of reliability and validity.	
12. Knowledge of assessment methods: I am aware of the strengths and limitations of traditional and emerging assessment methods.	
13. Application of assessment methods: I can select appropriate assessment measures to answer diagnostic questions.	
14. Diagnosis: I can apply concepts of normal/abnormal behavior to case formulations and integrate developmental and diversity concepts.	
15. Conceptualization/Recommendations: I can utilize systematic approaches of gathering data to inform clinical decision-making.	
16. Communication of assessment findings: I can independently write assessment and progress notes.	
17. Intervention: I can implement interventions designed to alleviate suffering and to promote the health and well-being of individuals, groups, and/or organizations.	
18. Basic helping skills: I can apply knowledge of basic helping skills and knowledge of content and process.	
19. Intervention implementation: I can implement evidence-based psychotherapy treatment.	
20. Barriers to progress: I can effectively manage impediments and barriers to the therapeutic progress.	
21. Progress evaluation: I can evaluate treatment progress and modify treatment as needed using empirical outcome measures.	
22. Consultation: I can provide guidance or assistance in response to a patient's needs or goals	

References
- Campbell, L., Fouad, N., Grus, C., Hatcher, R., Leahy, K., & McCutcheon, S. (2012, July). A practical guidebook for the competency benchmarks. Retrieved Dec.9, 2021, from https://www.apa.org/ed/graduate/benchmarks-guide
- Kaslow, N.J., Grus, C.L., Campbell, L.F., Fouad, N.A., Hatcher, R.L., & Rodolfa, E.R. (2009). Competency assessment toolkit for professional psychology. Training and Education in Professional Psychology, 3(4, Suppl), S27-S45. https://doi: 10.1037/a0015833