# Appendix 4

## IPT/IPT-A Competencies Record of Progress (Practitioner)

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| **Basic IPT competencies** | **Pre-**  **training** | **Post- training** | **Mid-supervision** | **Post-supervision** |
| **Knowledge of basic principles, rationale and strategies of IPT** |  |  |  |  |
| **Ability to maintain a focus on the interpersonal context of the symptoms** |  |  |  |  |
| **Ability to implement IPT in a manner consonant with its supportive and active therapeutic stance** |  |  |  |  |
| **Ability to engage the client in IPT** |  |  |  |  |
| **Ability to reframe the client’s presenting problems as an illness** |  |  |  |  |
| **Ability to identify an interpersonal problem area that will provide the focus for the middle phase of the therapy** |  |  |  |  |
| **Ability to maintain a systematic focus on an IPT interpersonal problem area(s) linked with the onset of symptoms** |  |  |  |  |
| **Focal area specific competences** |  |  |  |  |
| **Role transition** |  |  |  |  |
| **Role dispute** |  |  |  |  |
| **Grief** |  |  |  |  |
| **Sensitivities** |  |  |  |  |
| **Ability to identify and explore difficulties in communication** |  |  |  |  |
| **Ability to facilitate the expression and acceptance of a range of emotions** |  |  |  |  |
| **Ability to encourage interpersonal change in-between sessions** |  |  |  |  |
| **Ability to engage the client in preparing for ending** |  |  |  |  |

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| **Specific IPT Techniques** | **Pre-**  **training** | **Post-**  **training** | **Mid-**  **supervision** | **Post-supervision** |
| **Directive techniques** |  |  |  |  |
| **Role playing** |  |  |  |  |
| **Decision analysis** |  |  |  |  |
| **Clarification** |  |  |  |  |
| **Exploratory techniques** |  |  |  |  |
| **Communication analysis** |  |  |  |  |
| **Use of the therapeutic relationship** |  |  |  |  |