

# Exemplar 1 CCP Self-Reflective Reviews, Learning Objectives, and Learning Activities:

## A Psychologist for CCP Year: 20xx – 20xx

### Brief description of current practice:

Example1: I currently work part time for Te Whata Ora and part time in private practice. I primarily work with adolescents and adults in both settings completing mental health assessments

**START OF CCP Year Self Reflective Review of all Core Competencies with Supervisor Completed on** 31 March 2024

**END of CCP Year Self Reflective Review of Learning Objectives with Supervisor Completed on** 01 April 2024

Core Competency	Self-Reflective Review of Competency at start of CCP Year	Learning Objective (if relevant)	Learning Activities Undertaken (if relevant)	Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)
<b>Discipline, Knowledge, Scholarship and Research</b>  Concerned with knowledge base relevant to psychology practice, including understanding the <b>content</b> (relevant theories and models) <b>uses</b> (evidence-based decision making), and <b>methods</b> of psychological knowledge acquisition	Discussed with my supervisor that an area that I feel less confident about is working with clients who may not necessarily have a mental illness, but who are struggling to work through intense anger	Develop greater understanding of anger from CBT perspective	Completed CBT online course for Understanding Anger and Anger Management in July/August 2023	From this course I developed new anger management resources to be able to use and share with clients. I have been able to use the knowledge acquired from this course and resources in my therapeutic practice with at least 12 clients. The feedback from the sessions and resources has been very positive.

Core Competency	Self-Reflective Review of Competency at start of CCP Year	Learning Objective (if relevant)	Learning Activities Undertaken (if relevant)	Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)
<p><b>Diversity, Culture and the Treaty of Waitangi</b></p> <p>Knowledge skills and attitudes required to provide culturally safe practice.</p> <p>Including understanding of Te Tiriti and ability to work biculturally, multiculturally and with diverse groups defined by gender, spiritual belief, sexual orientation, abilities, lifestyle, age, social status etc.</p>	<p>Discussed with my supervisor how I would like to improve my understanding of the Māori worldview and how I can translate this into spaces where Māori feel comfortable to engage with a psychologist.</p>	<p>Consider how to make my practice environment more culturally diverse and my day-to-day practice culturally respectful.</p>	<p>Attended Beyond Diversity Workshop (22-23 April 2023)</p> <p>Read Wise Words of Māori by M Riley (August 2023)</p> <p>Discussed this area in monthly cultural supervision</p>	<p>This was a real focus of my CCP this year and, whilst it is likely to be an ongoing area of development, I feel like I made significant learnings in this area. The Beyond Diversity workshop was useful and gave me a better understanding of what it is like to be a client coming into a psychologist's office and how the environment can assist or detract from the therapeutic alliance.</p>
<p><b>Core Competency</b></p> <p><b>Professional, Legal and Ethical Practice</b></p> <p>Knowledge and skilled application of legal and ethical aspects of psychological practice.</p> <p>Includes knowledge of relevant legislation, standards, guidelines, the Code of Ethics, and other sources of guidance.</p> <p>Knowledge of the rights and interests of clients.</p>	<p><b>Self-Reflective Review of Competency at start of CCP Year</b></p> <p>Discussed with my supervisor. Given that this was a focus last CCP year, and that no new areas of development appeared evident in my current practice, it was decided that a learning objective was not warranted for this competency this year.</p>	<p><b>Learning Objective (if relevant)</b></p> <p>Not relevant</p>	<p><b>Learning Activities Undertaken (if relevant)</b></p> <p>Not relevant</p>	<p><b>Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)</b></p> <p>Not relevant</p>

Core Competency	Self-Reflective Review of Competency at start of CCP Year	Learning Objective (if relevant)	Learning Activities Undertaken (if relevant)	Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)
<b>Framing, Measuring and Planning</b> Knowledge and ability required for systematic organisation and planning activities involved in systematic psychological assessment, evaluation and problem solving. e.g...Knowledge of interviewing skills and styles; various approaches to data collection and their applicability, strengths and limitations	I feel like this is a strength of mine, and whilst I discuss aspects of this in supervision on an as needed basis, I don't believe a specific learning objective is needed in this competency at this time.	Not relevant	Not relevant	Not relevant
<b>Core Competency</b> <b>Intervention and Service Implementation</b> Concerns steps involved in planning, design, provision and evaluation of psychological services including: ...skillful application of interventions ...understanding the importance of context in intervention	<b>Self-Reflective Review of Competency at start of CCP Year</b> This is a competency that I would like to make a main focus on this year's CCP. My supervisor and I discussed the importance of my learning to set up my treatment plans with clients so that there are objective measures of outcome, right from the start of any intervention. I think this will make the process of therapy more meaningful and much easier to measure progress along the way and to know	Learning Objective (if relevant)	Learning Activities Undertaken (if relevant)	<b>Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)</b> This learning objective has really sharpened up my therapy skills. Not only does the ongoing measurement help measure the client's progress, but it also helps with the review process in therapy and making sure we are addressing what needs to be targeted. I feel like I have achieved this learning objective this year.

	when to start reducing dosage of therapy.			
<b>Core Competency</b>	<b>Self-Reflective Review of Competency at start of CCP Year</b>	<b>Learning Objective (if relevant)</b>	<b>Learning Activities Undertaken (if relevant)</b>	<b>Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)</b>
<b>Professional and Community Relations, Consultation, Collaboration</b>  Concerns ability to establish and maintain effective relationships with clients, colleagues, groups, communities.  Includes: ...understanding of own role in relation to others ...understanding roles and strengths of others ...ability to consult effectively	After discussion with my supervisor in our CCP session, this is an area that does not need attention currently, so no learning objectives for this competency this year.	Not relevant	Not relevant	Not relevant
<b>Core Competency</b>	<b>Self-Reflective Review of Competency at start of CCP Year</b>	<b>Learning Objective (if relevant)</b>	<b>Learning Activities Undertaken (if relevant)</b>	<b>Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)</b>
<b>Communication</b>  Concerns psychologists' effective and appropriate communication with individual, organisational, and community clients, other professionals and the public.	At the moment I am not doing a lot of communication other than that with my individual clients. This might change in the future, but at the moment it doesn't make sense to dedicate a learning objective to this competency.	Not relevant this year	Not relevant this year	Not relevant this year

Ability to convey ideas, disseminate information, and inform clients and colleagues effectively and efficiently.				
Core Competency	Self-Reflective Review of Competency at start of CCP Year	Learning Objective (if relevant)	Learning Activities Undertaken (if relevant)	Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)
<b>Reflective Practice</b> Concerns attainment and integration of information about own practice, including: ...understanding of own strengths and limitations of competence ...constructive self-reflection ...clear understanding of psychologists role ...use of supervision ...undertaking professional development	Given that I work in private practice for a chunk of my time each week, reflective practice can often go to the bottom of the 'to do' list. My supervisor and I discussed this in the start of year review and identified the risks in not regularly reflecting on my clients and learnings.	To integrate reflection into my practice as a regular feature.	Nothing specific attended. Discussed in supervision regularly.	I have managed to maintain a regular reflection practice this year, by scheduling it in and making the time commitment doable. One of the reflections I had is my tendency to have 'grand plans' that are unsustainable in the formation of a new habit. Little and often seems to work best for me, and I have noticed an improved integration of learnings by having more of a reflective practice.
Core Competency	Self-Reflective Review of Competency at start of CCP Year	Learning Objective (if relevant)	Learning Activities Undertaken (if relevant)	Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)
<b>Provision of Supervision</b> This concerns anyone providing supervision and relates to: ...understanding functions of supervision ...understanding of models and approaches to supervision	Given I am not providing a lot of supervision at this point in my practice it was decided that this area will not have a learning objective this year.	Not relevant	Not relevant	Not relevant

<p>...ability to manage process of supervision</p> <p>...skillful delivery of supervision relevant to needs of supervisee.</p>				
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