

# Exemplar 2 CCP Self-Reflective Reviews, Learning Objectives, and Learning Activities:

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

### Brief description of current practice:

Example 2: I am working full time for Ara Poutama working with adults who are currently serving a sentence of imprisonment for violent or sexual offending.

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**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	Talked in supervision during the start of CCP year review that my strengths in this area were around the knowledge and understanding of EMDR and the treatment of trauma in women who have offended. My areas for development are definitely around compassion focused therapy which is an area I wish to focus on this upcoming year.	Develop understanding about how compassion focused therapy is used in a Correctional setting	April 2023: attended webinar (run by Dr J Smith) about compassion focused therapy in the treatment of violent offending; June 2023: read Compassion Focused Therapy authored by Dr K North	This was a really interesting and useful learning objective. It definitely broadened my way of working with the community I work with, and helped me approach the work in a gentler, more compassionate way. I have discussed with my supervisor my goal of continuing this learning into the next CCP year.

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>Diversity, Culture and the Treaty of Waitangi</b>  Knowledge skills and attitudes required to provide culturally safe practice.  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.	This year I would really like to learn my full pepeha and commit it to memory. This will help when introducing myself to Māori clients and in meetings. I think this is important to do, even though I am nervous about my pronunciation. I've appreciated having regular cultural supervision this year, and this will be a great forum to practice.	Learn my pepeha	Used cultural supervision as a forum to both learn and practise my pepeha (April 2023 – March 2024)	This was a little more challenging than I expected! I was quite focused on having perfect pronunciation which I think was hindering my ability to connect with my pepeha. I was also rushing when giving my pepeha, and my cultural supervisor has given me useful feedback to try and connect with my ancestors when delivering my pepeha. It's a work in progress but I definitely feel like I am getting there. Practice and being brave are the keys!
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>Professional, Legal and Ethical Practice</b>  Knowledge and skilled application of legal and ethical aspects of psychological practice. Includes knowledge of relevant legislation, standards, guidelines, the	The start of year review with my supervisor was a good time to reflect on this area of practice, as I am starting to move into a more senior role. This is resulting in new psychologists (both new to the profession and new to the country) are approaching	Become more familiar with relevant NZ health legislation for psychologists working in a forensics/corrections setting	Watched Office of the Privacy Commissioner webinar on Health Information Privacy Code on 25 May 2023  Watched Office of the Privacy Commissioner webinar on Privacy Act on 27 May 2023	This was an interesting learning objective and one that clarified a lot of questions I had in this area. It certainly helped with answering questions that new colleagues had. I particularly valued the advice in the inhouse

Code of Ethics, and other sources of guidance. Knowledge of the rights and interests of clients.	me with specific questions about ethical and legal matters. Because of this it was decided that I should focus on reviewing relevant health legislation this year.		Reviewed NZ Psych Code of Ethics on 4 June 2023 Discussed medical privilege with supervisor on 8 July 2023 Attended inhouse workshop on Evidence Act 2006	workshop to ensure that I am not giving 'legal advice' to colleagues, and that I direct people to the appropriate avenues for that kind of advice.
Core Competency	<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>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	The measurement of risk is an integral area for Ara Poutama. It is important that I keep abreast of all the recent literature in this area, particularly as I start to do expert witness work for the courts. This is likely to always be an area for continuing competency for me.	Learn how to give expert witness evidence regarding risk assessment in a court	Attended expert witness training at the National Training Event (13 September 2023) Read expert witness chapter in Psychology and the Law (on 25 October 2023) Discussed being an expert witness with my supervisor (on 5 November and 11 November 2023) Watched another peer give expert witness evidence in court (on 21 November 2023)	As I reflected at the start of the CCP year, this will likely always be an area of focus whilst I am working for Ara Poutama. It is an important focus of the work there, and particularly when you are giving expert witness evidence in court. I don't feel anywhere near an 'expert' at the moment, hence this learning objective is going to be carried over to the next CCP year.
Core Competency	<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>Intervention and Service Implementation</b>  Concerns steps involved in planning, design, provision and evaluation of	Given my current role is predominantly assessment based and given this was a focus in last year's CCP this will not be an area of focus this year.	Not relevant	Not relevant	Not relevant

psychological services including: ...skillful application of interventions ...understanding the importance of context in intervention				
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<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	My role is increasingly having a consultant component to it, particularly with whānau hui being an important part of a client's reintegration into the community. I would like to increase my confidence in this area of practice, and learn how to navigate conflict and differing opinions in these meetings.	Increase my confidence in managing conflict within professional hui	Watched Webinar on Managing conflict in high stress professions (on 5 August 2023) Attended National Training Event talk on De-escalating conflict (on 6 September 2023) Discussed particular scenarios in supervision and brainstormed strategies to manage (on 8 and 27 November 2023)	I feel like my confidence has increased in this area over the last year. I have done a lot of reflection on how I want to present as a professional and the need for acceptance that conflict is and always will be a part of all facets of life, including professional life. Having a learning objective about this made me really attentive to any learnings and strategies, and I also had some very fruitful conversations with colleagues about this topic this year.
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>Communication</b>  Concerns psychologists' effective and appropriate communication with individual, organisational, and community clients,	My supervisor and I discussed the significant amount of reports that my role requires. Report writing is not a strength of mine, although I do like conveying	To enhance my effectiveness in writing reports as measured by quality (feedback from supervisor) and timeliness (feedback from manager)	Watched webinar on professional report writing (on 15 July 2023) Elicited feedback from supervisor on 5 different reports as to quality and any	Whilst I don't think I'll ever enjoy writing reports, this learning objective certainly made me think critically about the skills I do and do not have in this area.

<p>other professionals and the public.</p> <p>Ability to convey ideas, disseminate information, and inform clients and colleagues effectively and efficiently.</p>	<p>ideas to clients. One of the issues I have with writing reports is that I take an inordinate amount of time to complete them. I would really like to become more efficient at writing reports this year and to reach my target times in their completion.</p>		<p>observed improvement (Between May – August 2023)</p> <p>Negotiated a goal with my manager that I would get 95% of my reports to her at least one day prior to due date</p>	<p>Having it as a focus made me pay more attention to the way in which I was writing reports, the attitude I was bringing to the task, and being alert to better ways of writing professional reports. I was able to achieve my goal of 95% reports in early, and the feedback from my supervisor indicated that my reports improved over the period of time.</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)
<p><b>Reflective Practice</b></p> <p>Concerns attainment and integration of information about own practice, including:</p> <ul style="list-style-type: none"> <li>...understanding of own strengths and limitations of competence</li> <li>...constructive self-reflection</li> <li>...clear understanding of psychologists role</li> <li>...use of supervision</li> <li>...undertaking professional development</li> </ul>	<p>This was a major focus in my last year's CCP given the complaint I received last year. I feel like I have good, ongoing avenues for my reflective practice at the moment and do not require a specific learning objective for this competency.</p>	<p>Not relevant</p>	<p>Not relevant</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)

<p><b>Provision of Supervision</b></p> <p>This concerns anyone providing supervision and relates to:</p> <ul style="list-style-type: none"> <li>...understanding functions of supervision</li> <li>...understanding of models and approaches to supervision</li> <li>...ability to manage process of supervision</li> <li>...skillful delivery of supervision relevant to needs of supervisee.</li> </ul>	<p>One of the areas of supervision that makes me nervous is supervising non-psychologists who may have a different approach, and who may not have a code of ethics to guide their work. I feel comfortable supervising other psychologists, because we have a shared academic background and ethical framework. I would like to consider the differing obligations a psychologist has when supervising other disciplines or non-health practitioners.</p>	<p>Learn about the obligations of a psychologist supervising non-psychologists (particularly non health practitioners)</p>	<p>Attended webinar: Supervising Other Disciplines on 4 December 2023</p>	<p>There wasn't a lot of formal learning in this year unfortunately, although the webinar was very good. There looks to be a workshop being advertised in the next six months on this topic so I will carry this learning objective over to the next CCP year.</p>
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