**Narrative Exposure Therapy**

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| **Area of Competence**  | Emerging | Establishing | Consolidating |
| Introduction e.g.* Introduction of self
* Explanation of purpose of intervention
* Explanation of ethical stance
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| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD): Example/s: |
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| **Area of Competence**  | Emerging | Establishing | Consolidating |
| Grounding & Safe space e.g.* Explanation & agreement of safe space
* Explanation & agreement of grounding techniques
* Explanation & agreement of grounding object
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| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD): Example/s: |
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| **Area of Competence**  | Emerging | Establishing | Consolidating |
| Structuring the intervention e.g.* Ability to structure the intervention according to sessions available for treatment
* Ability to organise the sessions according to manual
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| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD): Example/s: |
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| **Area of Competence**  | Emerging | Establishing | Consolidating |
| Structuring sessions e.g.* Agenda setting – what will be done in the session & communication of timeframe for the work
* Keeping to a structure in sessions
* Pacing and use of time in sessions
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| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD): Example/s: |
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| **Area of Competence**  | Emerging | Establishing | Consolidating |
| Assessment e.g.* Ability to conduct a focused NET assessment
* Ability to establish a clear psychiatric history
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| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD): Example/s: |
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| **Area of Competence**  | Emerging | Establishing | Consolidating |
| Diagnosis e.g.* Ability to conduct a diagnostic evaluation of posttraumatic stress disorder (PTSD)
* Ability to conduct a structured interview
* Ability to use appropriate self-report instrument
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| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD): Example/s: |
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| **Area of Competence**  | Emerging | Establishing | Consolidating |
| Psychoeducation e.g.* Ability to communicate an understanding of the diagnosis
* Normalization
* Legitimization
* Ability to describe the trauma symptoms
* Ability to give a step-by-step explanation of the therapeutic procedure
* Ability to explain imaginative exposure & habituation
* Ability to explain the narration procedure
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| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD): Example/s: |
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| **Area of Competence**  | Emerging | Establishing | Consolidating |
| Construction of The Lifeline e.g.* Ability to explain the meaning of the ‘line’, flowers and stones
* Ability to guide the naming and marking of important life events
* Ability to help the client to stay on the cold memory side
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| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD): Example/s: |
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| **Area of Competence**  | Emerging | Establishing | Consolidating |
| Facilitating the Narration e.g.* Ability to elicit relevant developmental history
* Ability to encourage emotional processing during narration of pre-trauma period
* Ability to encourage chronological narration of an event
* Ability to facilitate the inclusion of emotional, cognitive and physiological details
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| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD): Example/s: |
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| **Area of Competence**  | Emerging | Establishing | Consolidating |
| Narrative exposure to a Traumatic Event e.g.* Ability to recognise a traumatic event
* Ability to assess the context of the traumatic event
* Ability to establish time and setting
* Ability to establish location and activity
* Ability to establish the beginning of the incident
* Ability to shift the narration to slow motion in time
* Ability to aid focusing on physical sensations, thoughts & actions at the time
* Ability to pursue memorial association of the affect and generate memorial cues that elicit physiological responsiveness
* Ability reinforce reality – prevent avoidance, dissociation or flashbacks
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| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD): Example/s: |
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| **Area of Competence**  | Emerging | Establishing | Consolidating |
| Narrating the Hot Memory e.g.* Ability to encourage the activation of the hot memory
* Ability to encourage the elements of the fear/trauma structure to be put into words & inserted in the narration
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| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD): Example/s: |
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| **Area of Competence**  | Emerging | Establishing | Consolidating |
| Activating and tagging hot memories e.g.* Ability to address the fear structure on all levels
* Ability to encourage the elements of the fear/trauma structure to be put into words & inserted in the narration
* Ability to utilise direct questions
* Ability to feedback observations
* Ability to facilitate the construction of a detailed narration
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| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD): Example/s: |
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| Area of Competence | Emerging | Establishing | Consolidating |
| 1. **Therapeutic relationship e.g.**
* Fostering therapeutic alliance
* Collaboration
* Ability to be empathic and persistent
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| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD): Example/s: |

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| Area of Competence | Emerging | Establishing | Consolidating |
| 1. **Challenging moments e.g.**
* Capacity to manage avoidance
* Capacity to manage dissociation
* Capacity to manage withholding of information
* Capacity to manage lack of habituation
* Awareness of own avoidance
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| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD): Example/s: |