***PMHNP PRAC 6645 Clinical Skills***

***Self-Assessment Form***

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| **Desired Clinical Skills for Students to Achieve** | **Confident** (Can complete independently) | **Mostly confident** (Can complete with supervision) | **Beginning** (Have performed with supervision or need supervision to feel confident) | | **New** (Have never performed or does not apply) | |
| **Comprehensive psychiatric evaluation skills in:** | | | | | | |
| Recognizing clinical signs and symptoms of psychiatric illness across the lifespan |  | Most confident | |  | |  |
| Differentiating between pathophysiological and psychopathological conditions |  | Most confident | |  | |  |
| Performing and interpreting a comprehensive and/or interval history and physical examination (including laboratory and diagnostic studies) |  | Most confident | |  | |  |
| Performing and interpreting a mental status examination |  | Most confident | |  | |  |
| Performing and interpreting a psychosocial assessment and family psychiatric history |  | Most confident | |  | |  |
| Performing and interpreting a functional assessment (activities of daily living, occupational, social, leisure, educational). |  | Most confident | |  | |  |
| **Diagnostic reasoning skill in:** | | | | | | |
| Developing and prioritizing a differential diagnoses list |  |  | | Beginners | |  |
| Formulating diagnoses according to DSM 5 based on assessment data |  |  | | Beginners | |  |
| Differentiating between normal/abnormal age-related physiological and psychological symptoms/changes |  | Most confident | |  | |  |
| **Pharmacotherapeutic skills in:** | | | | | | |
| Selecting appropriate evidence based clinical practice guidelines for medication plan (e.g., risk/benefit, patient preference, developmental considerations, financial, the process of informed consent, symptom management) |  |  | | Beginners | |  |
| Evaluating patient response and modify plan as necessary |  | Most confident | |  | |  |
| Documenting (e.g., adverse reaction, the patient response, changes to the plan of care) |  | Most confident | |  | |  |
| **Psychotherapeutic Treatment Planning:** | | | | | | |
| Recognizes concepts of therapeutic modalities across the lifespan |  | Most confident | |  | |  |
| Selecting appropriate evidence based clinical practice guidelines for psychotherapeutic plan (e.g., risk/benefit, patient preference, developmental considerations, financial, the process of informed consent, symptom management, modality appropriate for situation) |  | Most confident | |  | |  |
| Applies age appropriate psychotherapeutic counseling techniques with individuals, families, and/or groups |  |  | | Beginners | |  |
| Develop an age appropriate individualized plan of care |  |  | | Beginners | |  |
| Provide psychoeducation to individuals, family, and/or groups |  |  | | Beginners | |  |
| Promote health and disease prevention techniques |  | Most confident | |  | |  |
| **Self-Assessment skills:** | | | | | | |
| Develop SMART goals for practicum experiences |  | Most confident | |  | |  |
| Evaluating outcomes of practicum goals and modify plan as necessary |  | Most confident | |  | |  |
| Documenting and reflecting on learning experiences |  | Most confident | |  | |  |
| **Professional skills:** | | | | | | |
| Maintains professional boundaries and therapeutic relationship with clients and staff | Confident |  | |  | |  |
| Collaborate with multi-disciplinary teams to improve clinical practice in mental health settings |  | Most confident | |  | |  |
| Identifies ethical and legal dilemmas with possible resolutions |  | Most confident | |  | |  |
| Demonstrates non-judgmental practice approach and empathy | Confident |  | |  | |  |
| Practices within scope of practice | Confident |  | |  | |  |
| **Selecting and implementing appropriate screening instrument(s), interpreting results, and making recommendations and referrals:** | | | | | | |
| Demonstrates selecting the correct screening instrument appropriate for the clinical situation |  |  | | Beginners | |  |
| Implements the screening instrument efficiently and effectively with the clients |  |  | | Beginners | |  |
| Interprets results for screening instruments accurately |  |  | | Beginners | |  |
| Develops an appropriate plan of care based upon screening instruments response |  |  | | Beginners | |  |
| Identifies the need to refer to another specialty provider when applicable |  |  | | Beginners | |  |
| Accurately documents recommendations for psychiatric consultations when applicable |  | Most confident | |  | |  |

**Summary of strengths:**

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**Opportunities for growth:**

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**Now, write three to four (3–4) possible goals and objectives for this practicum experience. Ensure that they follow the SMART Strategy, as described in the Learning Resources.**

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| 1. **Goal:** 2. **Objective:** 3. **Objective:** 4. **Objective:** 5. **Goal:** 6. **Objective:** 7. **Objective:** 8. **Objective:** 9. **Goal:** 10. **Objective:** 11. **Objective:** 12. **Objective:** 13. **Goal:** 14. **Objective:** 15. **Objective:** 16. **Objective:** |

**Signature:**

**Date:**

## Course/Section: Psychotherapy Multiple Modalities Prc-Spring 2023