

The Psychologists Board of Western Australia

APPLICANT'S PROGRAMME - SPORT PSYCHOLOGY Checklist of Specialist Skills and Knowledge

INTRODUCTION

Psychologists entering supervision for registration of the specialist title, Sport Psychologist, must have completed a Board approved Masters degree in Sport Psychology, or equivalent. A minimum of two years supervised practice is required for registration as a Sport Psychologist. The following Applicant's Programme details particular requirements of Sport Psychologist (Registrar) supervisors and supervisees, and the areas of professional and ethical conduct, assessment, intervention, and communication in which the supervisee is expected to be competent at the conclusion of the supervision period. The Programme should be implemented in conjunction with the general Supervision Guidelines For Specialist Title.

REQUIREMENTS OF SPORT PSYCHOLOGY SUPERVISORS DURING THE TWO YEAR SUPERVISION PERIOD

1. It is the supervisor's responsibility to ensure supervisees have adequate knowledge of relevant research, theory and policy before intervention.
2. It is the supervisor's responsibility to ensure supervisees have access to appropriate intervention models, such that undue intervention bias does not operate as a consequence of the supervisory relationship.
3. It is the supervisor's responsibility to bring to the supervisee's attention in supervision any limitations of competence, ethical difficulty, personal bias or aspect of personal development in the supervisee which the supervisor perceives to be affecting the supervisee's professional development and/or professional application.
4. Supervisors are expected to offer sufficient supervision opportunities such that the competencies outlined in the following programme (points 1 to 4) can be examined on a regular basis. Supervisors are expected to keep weekly documentation
5. Supervisors are expected to observe the supervisee's work directly as part of the supervision process in vivo, or by video or audio tape.
6. Supervisors are expected to intermittently view active files of the supervisee as part of the supervision process.

REQUIREMENTS OF SPORT PSYCHOLOGY SUPERVISEES DURING THE TWO YEAR SUPERVISION PERIOD

Supervisees are expected to develop the capacity for continuing self-appraisal and appropriate consultation over the supervision period. In particular they are expected to:

- (1)
 - (a) Identify the limit of their competence in any given situation and consult with their supervisor regularly with regard to their competence.
 - (b) In consultation with their supervisor arrive at a mutually agreed upon course of action where competence is limited.
 - (c) Implement the agreed upon course of action (which may include seeking other professional opinion).
- (2)
 - (a) Identify broader areas in which they require continuing professional development.
 - (b) In consultation with their supervisor arrive at a plan to develop these areas.
 - (c) In consultation with their supervisor monitor their progress in these areas and readjust the plan as necessary.

INSTRUCTIONS FOR SUPERVISORS

Each standard of practice should be rated as:

C	Competency Attained
S	Satisfactory Progress
U	Unsatisfactory Progress <i>(Needs specific attention)</i>
NA	Not Applicable

SUPERVISOR: _____

SUPERVISEE: _____

PERIOD ASSESSED: _____

Rating			
C	S	U	NA

1. ETHICAL FRAMEWORK AND PROFESSIONAL CONDUCT

1.1 Familiarity with Acts of Parliament relevant to the Applicant's work settings (including):

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- Psychologists Act
- Freedom of Information Act
- Mental Health Act
- Workers Compensation Act
- Public Service Act (where relevant)
- Criminal Injuries Compensation Act
- Disability Services Act

1.2 Conduct consistent with relevant professional aspects of working independently as a sport psychologist including:

(a) APS Code of Ethics and other relevant ethical codes

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(b) Understanding how ethical principles are used to guide professional practice

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(c) Their contract to deliver a psychological service

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(d) Commitment to ongoing programme of professional education and development that addresses identified personal and professional limitations

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(e) Clear and consistent use of informed consent procedures

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(f) Knowledge of limits of competence and personal limitations that may affect work with clients

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Rating			
C	S	U	NA

1.3 Competence working independently as a Sport Psychologist:

(a) Ability to analyse accurately the functions of a Sport Psychologist in particular settings

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(b) Capacity to work as a scientist practitioner, engaging knowledge in relevant psychological and social areas

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(c) Knowledge of the roles of other professions and the capacity to report to other professionals appropriately and work collaboratively

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2. ASSESSMENT

2.1 Administer, interpret and integrate a range of assessment devices:

(a) Interviews

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(b) Behavioural observations

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(c) Appraisals of cognitive skills

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(d) Appropriate psychometric tests

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(e) Group/team function, assessments

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2.2 Assessment procedures to include:

(a) Selection of appropriate assessment techniques or instruments with proper consideration of issues of reliability and validity

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(b) Knowledge of and competency with interview and developmental case history

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(c) Psychometric testing (where appropriate)

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(d) Behavioural observation and functional analysis (where appropriate)

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3. INTERVENTION

Rating			
C	S	U	NA

3.1 Competent in intervention procedures:

Ability to work as a scientist practitioner to:

- Draw from appropriate knowledge background of research and evaluation
- Formulate and test hypotheses
- Formulate motivational and risk management strategies appropriate to competitive settings
- Draw from knowledge of a wide range of intervention procedures
- Design or select appropriate intervention
- Evaluate outcome appropriately

3.2 Demonstrates skilful application of intervention processes:

- (a) Understands intervention processes (engagement, maintenance, termination, etc)
- (b) Forms a positive working alliance with athletes, coaches, teams, administrators, officials and organisations
- (c) Understands and can work within the typical time pressures of competitive sport
- (d) Able to implement appropriate “intervention” with individuals, partners, families
- (e) Able to develop, implement and evaluate programs appropriate to the culture of the competitive sporting environment with teams

3.3 Demonstrates the ability to design and implement applied research projects in response to the needs of sport.

4. COMMUNICATION

*Applicant's Programme – Sport Psychologist
Checklist of Specialist Skills*

Rating			
C	S	U	NA

4.1 Competent in oral and written communications:

(a) Ability to communicate adequately with athletes and coaches, within the profession, with other related professions and with the general public

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(b) Ability to write adequate psychological reports for a range of audiences

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(c) Ability to keep appropriate records and case notes in accordance with requirements of professional setting

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(d) Ability to disseminate evaluation and applied research outcomes to client and other groups

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COMMENTS

Please provide any comments on supervisee's performance, particularly where a rating of "U" or "NA" has been given:

Item No.	Comments

SUPERVISOR

SUPERVISEE

DATE

DATE