

ESTRANGEMENT CLINICAL COMPETENCIES AND SELF-ASSESSMENT

Name _____ Date of Assessment _____

ASSESSMENT					
<i>Please mark the most applicable response to each question</i>		NEVER	SOMETIMES	OFTEN	ALWAYS
1	Clearly asks about client relationships as part of case conceptualization.				
2	Effectively gathers information on client relationship dynamics as they relate to client's presenting concerns of estrangement.				
3	Identifies risk factors for estrangement from a trauma-informed perspective.				
4	Recognizes physical and emotional symptoms connected to estrangement energy.				
5	Identifies the client's current stage within the <i>Estrangement Energy Cycle</i> .				
6	Develops treatment goals that are appropriate for the client's current stage of estrangement.				
7	Remains knowledgeable about when to seek additional information from the client for added context and conceptualization.				
8	Incorporates cultural considerations from the RESPECTFUL Model.				

PROFESSIONALISM					
<i>Please mark the most applicable response to each question</i>		NEVER	SOMETIMES	OFTEN	ALWAYS
9	Maintains appropriate boundaries with clients.				
10	Remains aware of own biases and beliefs related to the family system and estrangement.				
11	Offers abundant compassion and zero judgment.				
12	Adopts client preferred language for estrangement experience.				
13	Avoids advice-giving or recommendations to reconcile or estrange.				
14	Identifies countertransference and seeks support when necessary.				
15	Pursues additional education, consultation, or supervision when needed.				

INTERVENTION					
<i>Please mark the most applicable response to each question</i>		NEVER	SOMETIMES	OFTEN	ALWAYS
16	Forms a collaborative, working relationship with the client that includes rapport.				
17	Provides psychoeducation on attachment, trauma, and estrangement as appropriate.				
18	Identifies different therapeutic tools congruent with the client's current stage of <i>The Estrangement Energy Cycle</i> .				
19	Adapts therapeutic interventions to be culturally relevant and compatible for client work.				
20	Requests feedback from the client on the therapeutic process to support goal progression.				