**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 |  |  |  |
| 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 |  |  |  |
| 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 |  |  |  |
| 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 |  |  |  |
| 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 |  |  |  |
| 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 |  |  |  |
| 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 |  |  |  |
| 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 |  |  |  |
| 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 |  |  |  |
| 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 |  |  |  |
| 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 |  |  |  |
| 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 |  |  |  |
| 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 |  |  |  |
| 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 |  |  |  |
| Optional examples of how this competency was demonstrated: Placement code (e.g. 2aLD):  Example/s: | | | |