

# Exemplar 3 CCP Self-Reflective Reviews, Learning Objectives, and Learning Activities:

## A Psychologist for CCP Year: 20xx – 20xx

**Brief description of current practice:**

**Example 3:** I am working part-time for the Ministry of Education. I primarily provide supervision to other psychologists who are working in the field completing cognitive and learning assessments.

**START OF CCP Year Self Reflective Review of all Core Competencies with Supervisor Completed on** 31 March 2024

**END of CCP Year Self Reflective Review of Learning Objectives with Supervisor Completed on** 01 April 2024

Core Competency	Self-Reflective Review of Competency at start of CCP Year	Learning Objective (if relevant)	Learning Activities Undertaken (if relevant)	Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)
<p><b>Discipline, Knowledge, Scholarship and Research</b></p> <p>Concerned with knowledge base relevant to psychology practice, including understanding the <b>content</b> (relevant theories and models) <b>uses</b> (evidence-based decision making), and <b>methods</b> of psychological knowledge acquisition</p>	<p>Discussed in supervision that an area of focus in this competency is the topic of responding safely when child clients are becoming dysregulated in the school setting. I am really interested in learning more about the theory behind this, given my experience at one school in particular last year.</p>	<p>Understand more about response strategies to assist teachers manage severe behaviour issues in the school setting</p>	<p>Read ‘Making space for learning: Trauma informed practice in schools (Australian Childhood Foundation) 15 September 2023</p> <p>Watched ‘Childhood Trauma and the Brain’ (UK Trauma Council) 24 October 2023</p> <p>Attended ‘UBRS Training’ at MoE on 29 January 2024</p>	<p>This was a timely and super useful learning objective given the practice issues that arose this year. The UBRS training was great and gave lots of practical tips for this area. There is an advanced workshop next year so will definitely be attending that.</p>

<b>Core Competency</b>	<b>Self-Reflective Review of Competency at start of CCP Year</b>	<b>Learning Objective (if relevant)</b>	<b>Learning Activities Undertaken (if relevant)</b>	<b>Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)</b>
<p><b>Diversity, Culture and the Treaty of Waitangi</b></p> <p>Knowledge skills and attitudes required to provide culturally safe practice.</p> <p>Including understanding of Te Tiriti and ability to work biculturally, multiculturally and with diverse groups defined by gender, spiritual belief, sexual orientation, abilities, lifestyle, age, social status etc.</p>	<p>I would like to extend my te reo vocabulary this year. I have ‘conversational’ te reo, but would like a deeper knowledge and skill in te reo, which is important to me given my own whakapapa.</p>	<p>Increase my use of te reo</p>	<p>Completed a te reo course at tertiary level (2023)</p>	<p>This is an ongoing area, given my new goal is to be fluent in te reo before I turn 40. My study this year was a good start, and there are several immersion courses that I am actively looking into for next year. This will likely be a big focus for my CCP next year as well.</p>
<b>Core Competency</b>	<b>Self-Reflective Review of Competency at start of CCP Year</b>	<b>Learning Objective (if relevant)</b>	<b>Learning Activities Undertaken (if relevant)</b>	<b>Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)</b>
<p><b>Professional, Legal and Ethical Practice</b></p> <p>Knowledge and skilled application of legal and ethical aspects of psychological practice.</p> <p>Includes knowledge of relevant legislation, standards, guidelines, the Code of Ethics, and other sources of guidance.</p> <p>Knowledge of the rights and interests of clients.</p>	<p>Given I am moving into a supervisor role, my reflection is that this is an area that needs quite a bit of updating and upskilling in, particularly in the skill of ethical deliberation. I feel a bit nervous about this, as this is not an area I have a lot of previous experience in.</p>	<p>Increase my understanding of ethical deliberation when children’s safety may be at risk</p>	<p>Attended webinar on the Care of Children Act (29 July 2023)  Reviewed NZ Psych Code of Ethics (10 October 2023)  Discussed ethical decision making in our ed psych peer supervision group (12 November 2023)</p>	<p>This was a good start to a learning objective that is likely to be in my CCF for a number of years. I enjoyed the ethical decision making framework that some of my peers were using and I have made good use of this with three of my supervisees to date.</p>

Core Competency	Self-Reflective Review of Competency at start of CCP Year	Learning Objective (if relevant)	Learning Activities Undertaken (if relevant)	Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)
<p><b>Framing, Measuring and Planning</b>            Knowledge and ability required for systematic organisation and planning activities involved in systematic psychological assessment, evaluation and problem solving.            e.g...Knowledge of interviewing skills and styles; various approaches to data collection and their applicability, strengths and limitations</p>	<p>This was a big focus in last year's CCP, so have decided in supervision that this competency will not be targeted with a specific learning objective this year. I will carry the learning from last year through to my practice this year.</p>	<p>Not relevant</p>	<p>Not relevant</p>	<p>Not relevant</p>
Core Competency	Self-Reflective Review of Competency at start of CCP Year	Learning Objective (if relevant)	Learning Activities Undertaken (if relevant)	Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)
<p><b>Intervention and Service Implementation</b>            Concerns steps involved in planning, design, provision and evaluation of psychological services including:            ...skillful application of interventions            ...understanding the importance of context in intervention</p>	<p>I would like to focus on my skill development in the formulation of behavioural problems this year. I have reflected in supervision my tendency to struggle with formulations (often because I do not want to offend parents I am working with and be accused of blaming parents for the behavioural problems of children). My supervisor and I have discussed the delicate balance of writing professionally and writing</p>	<p>Enhance my skill in preparing formulations regarding behavioural problems in children</p>	<p>No learning activities were available to me for this learning objective this year. Continued to discuss this issue in supervision</p>	<p>It was a shame that I couldn't find any specific learning opportunities for this objective. Either I wasn't looking in the right places or there just wasn't any available. I will roll this learning objective over to next year, in the hope that some formal learning opportunities come up.</p>

	honestly about the etiology of psychological problems.			
<b>Core Competency</b>	<b>Self-Reflective Review of Competency at start of CCP Year</b>	<b>Learning Objective (if relevant)</b>	<b>Learning Activities Undertaken (if relevant)</b>	<b>Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)</b>
<b>Professional and Community Relations, Consultation, Collaboration</b> Concerns ability to establish and maintain effective relationships with clients, colleagues, groups, communities. Includes: ...understanding of own role in relation to others ...understanding roles and strengths of others ...ability to consult effectively	Given the restructure and changes in the organisation this year, I want to focus on my understanding of consulting with non-psychologist colleagues – my role, the ethics of information sharing as a consultant and my communication style. This is a joint learning objective also with the Communication competency.	Enhance my understanding of a health practitioner’s role as a consultant and learn to communicate well with other professionals	Read <i>Professionals and their Speaking Styles</i> by T Dean in April 2023  After advice from my supervisor I actively observed a manager I admire at work during meetings and noted down the learnings about their communication style April – November 2023.  Raised the topic of information sharing in meetings in my peer supervision meeting on 27 August 2023	I learned a lot this year about being a consultant and feel like there has been a good degree of development in this area. I am moving into a more senior phase of my career, and with this comes different responsibilities. It is useful to consider the general obligations of a health practitioner when interacting with other colleagues in hui.
<b>Core Competency</b>	<b>Self-Reflective Review of Competency at start of CCP Year</b>	<b>Learning Objective (if relevant)</b>	<b>Learning Activities Undertaken (if relevant)</b>	<b>Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)</b>
<b>Communication</b> Concerns psychologists' effective and appropriate communication with individual, organisational, and community clients, other professionals and the public.	See above competency	See above competency	See above competency	See above competency

Ability to convey ideas, disseminate information, and inform clients and colleagues effectively and efficiently.				
<b>Core Competency</b>	<b>Self-Reflective Review of Competency at start of CCP Year</b>	<b>Learning Objective (if relevant)</b>	<b>Learning Activities Undertaken (if relevant)</b>	<b>Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)</b>
<b>Reflective Practice</b> Concerns attainment and integration of information about own practice, including: ...understanding of own strengths and limitations of competence ...constructive self-reflection ...clear understanding of psychologists role ...use of supervision ...undertaking professional development	I do this regularly in supervision, so my supervisor and I jointly decided that there did not need to be a specific learning objective for this competency this year.	Not relevant	Not relevant	Not relevant
<b>Core Competency</b>	<b>Self-Reflective Review of Competency at start of CCP Year</b>	<b>Learning Objective (if relevant)</b>	<b>Learning Activities Undertaken (if relevant)</b>	<b>Self- Reflective Review of Learning Objective at end of CCP Year (if relevant)</b>
<b>Provision of Supervision</b> This concerns anyone providing supervision and relates to: ...understanding functions of supervision ...understanding of models and approaches to supervision	This is another main focus for me this year, given I am moving into a senior role where there is expectation that I will supervise several other psychologists. I am looking forward to this challenge and learning more about how supervision works. I can't remember	Increase my understanding of the responsibilities when providing supervision to other psychologists	Completed formal supervision training with Fiona Howard (3 day course on 20-22 October 2023) Attended inhouse supervision workshop (1 day, on 19 January 2024) Read NZPB Guidelines on Supervision (on 15 February 2024)	Really enjoyed the supervision training and got a lot out of it – both as a new supervisor and as a supervisee. Would like to do the advanced course next year. I think I still have a lot to learn, particularly helping supervisees through ethical dilemmas. However, one of

<p>...ability to manage process of supervision</p> <p>...skillful delivery of supervision relevant to needs of supervisee.</p>	<p>doing any formal learning about supervision at university, so it will be important that I do something quite intensive in terms of formal academic learning in this area.</p>			<p>the key learnings I had this year was that supervision always has a chain – i.e. you don't need to know everything to be an effective supervisor. You can always consult with your own supervisor or other senior colleagues.</p>
--	--	--	--	--