

*CLINICAL SKILLS INVENTORY*  
PRE-DOCTORAL INTERN

Name \_\_\_\_\_

Date \_\_\_\_\_

Graduate School \_\_\_\_\_

EXPERIENCE WITH CLIENT/PATIENT PROBLEMS

Please rate your skill level in diagnostic assessment and counseling with the following problems. Compare your skill level with your classmates who are also at the pre-doctoral level.

|   | Counseling/Psychotherapy |     |         |      | Clinical/Diagnostic Assessment |     |         |      |
|---|--------------------------|-----|---------|------|--------------------------------|-----|---------|------|
|   | None                     | Low | Average | High | None                           | Low | Average | High |
| Adjustment Disorders  | ___                      | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Anxiety Disorders   | ___                      | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Affective Disorders   | ___                      | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Somatoform Disorders  | ___                      | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Substance Abuse   | ___                      | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Personality Disorders                                       | ___                      | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Schizophrenic Disorders                                     | ___                      | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Psychotic Disorders   | ___                      | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Interpersonal Problems<br>(shyness, relationships)          | ___                      | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Career Problems   | ___                      | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Academic Problems<br>(study skills,<br>performance anxiety) | ___                      | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Learning Disabilities<br>& Attention Deficit<br>Disorders   | ___                      | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |

## PSYCHOLOGICAL ASSESSMENT

1. Please indicate your skill levels in the administration, scoring, and interpreting for the following tests.

|  | None | Low | Average | High |
|--|------|-----|---------|------|
| Wechsler Adult Intelligence Scale - IV           | ___  | ___ | ___     | ___  |
| Minnesota Multiphasic Personality Inventory - II | ___  | ___ | ___     | ___  |
| Conners' ADHD Adult Rating Scale (CAARS)         | ___  | ___ | ___     | ___  |
| Millon Multiaxial Clinical Inventory - 3         | ___  | ___ | ___     | ___  |
| Taylor-Johnson Temperament Analysis              | ___  | ___ | ___     | ___  |
| Learning & Study Strategies Inventory            | ___  | ___ | ___     | ___  |
| Achenbach System of Empirically Based Assessment | ___  | ___ | ___     | ___  |
| Barkley Deficits in Executive Functioning Scale  | ___  | ___ | ___     | ___  |
| Projective Drawings (H-T-P, KFD)                 | ___  | ___ | ___     | ___  |
| Other (Specify)_____                             | ___  | ___ | ___     | ___  |

2. Please circle the approximate number of psychological test reports you have written.

0            1-4            5-9            10-20            20+

3. Diagnostic and Statistical Manual of the American Psychiatric Association - DSM 5 (check appropriate level).

- \_\_\_ Working knowledge of categories and previous experience using the DSM 5 for differential diagnosis
- \_\_\_ Trained in DSM 5, but limited experience
- \_\_\_ Training in progress
- \_\_\_ No working knowledge

## COUNSELING/PSYCHOTHERAPY EXPERIENCE

Please indicate your degree of theoretical understanding and degree of skill in the application of theory for the following perspectives. Compare your level of understanding and skills with those of your classmates who are also at the pre-doctoral stage.

|   | Degree of theoretical understanding |     |         |      | Degree of skill in application |     |         |      |
|---|-------------------------------------|-----|---------|------|--------------------------------|-----|---------|------|
|   | None                                | Low | Average | High | None                           | Low | Average | High |
| Adlerian  | ___                                 | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Social Learning   | ___                                 | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Career Development (e.g. Super, Holland)                | ___                                 | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Cognitive-Behavioral (including REBT & Reality Therapy) | ___                                 | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Client-Centered (Rogers, et. al.)                       | ___                                 | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Existential-Humanistic                                  | ___                                 | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Psychodynamic (including Ego Developmental)             | ___                                 | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Family Systems  | ___                                 | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |
| Other_____  | ___                                 | ___ | ___     | ___  | ___                            | ___ | ___     | ___  |

What would you consider as your general theoretical orientation or method you are most comfortable with?\_\_\_\_\_

## TREATMENT LENGTH

Please indicate the level of skill you possess with the following:

|  | None | Low | Average | High |
|--|------|-----|---------|------|
| Crisis Intervention (1-3 sessions)         | ___  | ___ | ___     | ___  |
| Brief (short-term) Psychotherapy (4-12)    | ___  | ___ | ___     | ___  |
| Long-term (open-ended) Psychotherapy (13+) | ___  | ___ | ___     | ___  |

## GROUP THERAPY

Please indicate your level of skill in providing the following group activities.

|   | None | Low | Average | High |
|---|------|-----|---------|------|
| General Counseling/Psychotherapy<br>Group for Adults          | ___  | ___ | ___     | ___  |
| Time-limited Group Therapy                                    | ___  | ___ | ___     | ___  |
| Theme-focused Group/Workshops                                 |      |     |         |      |
| Stress/Anxiety Management                                     | ___  | ___ | ___     | ___  |
| Social Skills/Communication                                   | ___  | ___ | ___     | ___  |
| Academic Skills Enhancement                                   | ___  | ___ | ___     | ___  |
| Habit Control (eating, smoking)                               | ___  | ___ | ___     | ___  |
| Substance Abuse/Adult Children<br>of Alcoholics/Co-dependency | ___  | ___ | ___     | ___  |
| Self-Esteem/Personal Growth                                   | ___  | ___ | ___     | ___  |
| Other _____   | ___  | ___ | ___     | ___  |

## INDIRECT PSYCHOLOGICAL SERVICES

Check the services in which you have had experience:

- \_\_\_ Consultation (to police, schools, hospitals)
- \_\_\_ Program Development (creating new programs)
- \_\_\_ Program Evaluation including Utilization Review
- \_\_\_ Conducting In-service Training/Staff Development
- \_\_\_ Writing for publication
- \_\_\_ Critical Incident Stress Management (Mitchell Model)
- \_\_\_ Other (specify) \_\_\_\_\_

## ADDITIONAL SKILLS AND EXPERIENCES

1. Ethical principles and standards of practice of the American Psychological Association (check appropriate level).
  - ☐ Working knowledge (presented within a formal class or at a training site)
  - ☐ Training in progress
  - ☐ No working knowledge (have never had any training)
2. Child and dependent adult/elder abuse and Tarasoff reporting (check appropriate level).
  - ☐ Working knowledge and experience (presented within a formal class or at a training site)
  - ☐ Training in progress (am getting this training now)
  - ☐ No working knowledge (have never had any formal training )
3. Hospitalization procedures - Welfare & Institutions Code 5150 (check appropriate level).
  - ☐ Working knowledge and experience (supervised clinical experience)
  - ☐ Training in progress (am getting this experience now)
  - ☐ No working knowledge (have never had any experience)
4. Clinical psychopharmacology (check appropriate level).
  - ☐ Working knowledge (presented within a formal class or at a training site)
  - ☐ Training in progress (am getting this training now)
  - ☐ No working knowledge (have never had any formal training)