

CareNet Residency in Psychotherapy and Spirituality  
**Program Outcomes**

Graduates of CareNet's Residency in Psychotherapy and Spirituality will be able to:

- Develop therapeutic relationships that help clients stabilize, heal, and grow.
- Articulate a bio-psycho-social-spiritual-relational understanding of human beings and human communities.
- Be curious about (and non-judgmental towards) all people.
- Make use of the self of the therapist to:
  - Make connection and join with clients;
  - Understand and assess their clients;
  - Make effective therapeutic interventions.
- Articulate a clinical theory and show evidence of integrating that theory into their work.
- Make accurate clinical diagnoses, develop treatment plans connected to diagnosis, and keep clinical records that document reduction in symptoms and progress towards treatment goals.
- Understand underlying issues and dynamics that are relevant to client's diagnosis and work towards therapeutic engagement with these underlying issues and dynamics.
- Make therapeutically effective use of transference and countertransference dynamics.
- Help clients regulate emotionally.
- Help clients identify strengths and resources and mobilize those for stabilization and wellness.
- Help clients identify and mobilize spiritual resources.
- Help clients engage issues of meaning, spirituality, and religion.
- Draw upon their own spiritual resources in ethically responsible ways.
- Reflect theologically on their clients, themselves, and the therapeutic relationship.
- Use supervision and consultation to improve care of their clients and to care for themselves.
- Understand the business of psychotherapy and be able to make a living.
- Provide care within an integrated behavioral health context.
- Maintain personal and professional ethics and know how to consult with colleagues as ethical issues arise.
- Work collaboratively with other providers of care.
- Make appropriate referrals.