**Standard of Competence**

Fisher (2016) elaboratively discusses the APA’s standards of competence which explains that a psychologist is expected to have sufficient training, education, supervised experience, consultation, study or professional experience regarding the service that she provides or the research that she conducts. In other words, a psychologist is expected to have the necessary knowledge, training and experience regarding whatever role she plays in the field of psychology. Moreover, a psychologist is expected to maintain her competence throughout the duration of her role in psychology (Fisher, 2016). This includes staying up to date on the latest breakthroughs regarding her role, sharpening up her techniques as well as any new techniques that may have developed, etc. Additionally, the psychologist should be knowledgeable about any factors that may affect the clients/patients whom she is providing services for (Fisher, 2016). These factors include: race, ethnicity, sex, religion, sexual orientation, language, disability, socioeconomic status (American Psychological Association, 2016).

**Dialectic Behavioral Therapy (DBT)**

DBT refers to a considerably new form of therapy that focuses on providing the necessary skills and tools through psychotherapy and group sessions in order for the client to develop a life that they believe is worth living (Behavioral Tech, 2017). The type of patients that are serviced with DBT typically have emotional disturbances, thoughts of suicide, depression, borderline personality disorder, eating disorders, substance abuse (Behavioral Tech, 2017). Throughout the therapy the clients are taught mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness,

**DBT and Competence**

Reference

Behavioral Tech. (2017). *What is Dialectical Behavioral Therapy (DBT)?.* Seattle. Retrieved from: https://behavioraltech.org/resources/faqs/dialectical-behavior-therapy-dbt/

Fisher, C. B. (2016). Decoding the ethics code: A practical guide for psychologists 4th ed. Thousand Oaks, CA. Sage Publications.