

## **Logbook – Health Psychology Practitioner**

This logbook is intended to cover 3 years full time supervised practice for those with a Master Degree which is one year long or the equivalent of two years part-time. The total number of hours to be covered is 5655.

There are two types of competencies which need to be covered:

1. The first type are the general competencies and which are common to all those who intend to practice as Psychologists.
2. The second type are the specific competencies which delineate the specialisation. Applicants must ensure that the remaining hours are covered within the specific areas.
3. No competency can be left out. The minimum hours for a competency should be 20 hours.

The following pages are indication of how your log book should be divided:

It is advisable that you write about your contributions using the following sections:

1. Description of the activity (minimum 200 words)
2. Projected Achievement (minimum 500 words)
3. Reflection (minimum 500 words)
4. Updated Reflection (number of words as needed)

General Competency 1: (Minimum 20 Hours)

Be able to understand the power imbalance between psychology practitioners and clients and how this can be managed appropriately

Title of Activity: \_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 2:

Be able to gather the information required through the careful administration of the appropriate assessment techniques

Title of Activity: \_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 3:

Be able to analyse, interpret and critically evaluate the information collected

Title of Activity: \_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 4:

Be able to formulate and deliver care plans or interventions to meet the needs of the service users

Title of Activity: \_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)



Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

### General Competency 5:

Be in touch with the latest developments in the particular field of psychology specialised in, critically evaluate the research and thus use it as a basis to inform their own practice. Thus, the psychology practitioner is expected to keep abreast with the key concepts of the bodies of knowledge relevant to their professional practice

Title of Activity:

\_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 6:

Be able to adapt practice in order to be able to meet the diverse needs of service users

Title of Activity: \_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 7:

Be able to conduct audits, reviews of practice and/or effectiveness of planned activity. Related to this competence one must keep adequate records (handled and kept in line with appropriate legislation).

Title of Activity: \_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 8:

Be able to conduct adequate and appropriate diagnostic procedures, treatment and therapy or other interventions keeping in the mind the safety of the service users

Title of Activity: \_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)



Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 9:

Be able to practice in a non-discriminatory manner, understand the importance and be able to maintain confidentiality (as well as understand where confidentiality cannot be maintained), and understand the need and importance of informed consent and exercise a professional duty of care

Title of Activity: \_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 10:

Be able to reflect critically on their practice and consider alternative ways of working

Title of Activity: \_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 11:

Be able to understand and maintain a fitness to practice. Psychologists are thus expected to practice within their area of competence and specialisation, maintain high standards of personal conduct and manage the physical, psychological and emotional impact of their practice. Psychologists are also expected by the MPPB to fulfil the requirements set forth in the CPD document

Title of Activity: \_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 12:

Be able to plan, design and deliver training which would take into account the needs of participants

Title of Activity: \_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)



Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Health Psychologist core competences:

Specific Competency 1:

Be able to support the learning of others in the application of psychological skills, knowledge, practices and procedures in the area of specialisation related to health outcomes

Title of Activity:

\_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Specific Competency 2:

Be able to design and implement health psychology baseline assessments of behaviour related to health outcomes that are based on appraisal of the influence of the social and/or environmental context

Title of Activity:

\_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Specific Competency 3:

Be able to develop psychological formulations using the outcomes of assessment drawing on theory, research and explanatory models

Title of Activity:

\_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Specific Competency 4:

Be able to design, plan and implement health psychology interventions based on the assessment and formulation

Title of Activity:

\_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)



Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Specific Competency 5:

Be able to evaluate and communicate the outcomes of health psychology interventions

Title of Activity:

\_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Specific Competency 6:  
Be able to critically evaluate risks and their implications

Title of Activity:

\_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Specific Competency 7:

Be able to draw on knowledge of developmental, social and biological processes across the lifespan to facilitate adaptability and change in individuals, groups, families, organisations and communities

Title of Activity:

\_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Specific Competency 8:

Be able to evaluate and respond to change in health psychology and in consultancy and service-delivery contexts

Title of Activity:

\_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)



Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Specific Competency 9:

Understand the need to implement interventions and action plans in partnership with service users, groups and other professionals and carers

Title of Activity:

\_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Specific Competency 10:  
Understand context and perspectives in health psychology

Title of Activity:

\_\_\_\_\_

Hours spent on this Activity \_\_\_\_\_

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)