



Competence

The concept of competence is founded within the code of Responsible Caring defined by the Canadian Code of [Ethics](#) (2017)- “Responsible caring leads psychologists to take care to discern and balance the potential harms and benefits to the individuals and groups involved, taking into account the degree and moral legitimacy of conflicting interests.”

Psychologists work in diversified fields, providing services, teaching, conducting research, offering supervision, and having business activities in which they have achieved competence based on education, training, consultation, existing knowledge, and self-reflection.

Self-reflection is the key to monitoring competence. Reflect on the following:

- Am I aware of the relevant Standards of [Practice](#) (pg.13-16 4.1-4.17) , Practice [guidelines](#) or Canadian Code of Ethics (pg.19 II.6-11.12)?
- Do I need specific training, experience, or supervision?
- Is there any relevant literature that confirms the validity and effectiveness of the services offered?
- Do I have a good core of professional colleagues/peers or access to the Professional Guidance Program?

References:

Canadian Psychological Association (2017). Canadian Code of Ethics for Psychologists (Fourth Edition). Retrieved from https://cpa.ca/docs/File/Ethics/CPA_Code_2017_4thEd.pdf

College of Alberta Psychologists (2019). Practice Guidelines: Retrieved from <https://www.cap.ab.ca/resources-regulatory-information/practice-guidelines>

College of Alberta Psychologists (2022). Standards of Practice: Retrieved from [https://www.cap.ab.ca/Portals/0/adam/Content/PCibGBBnCE6ZY6pd7EKcqQ/Link/Standards%20of%20Practice%20\(May%2031,%202023\).pdf](https://www.cap.ab.ca/Portals/0/adam/Content/PCibGBBnCE6ZY6pd7EKcqQ/Link/Standards%20of%20Practice%20(May%2031,%202023).pdf)

Disclaimer

The information provided in this document is intended to provide general guidance to members in identifying and addressing issues, increasing self-efficacy and improve practice in the field of psychology. This document is not exhaustive and may not contain all legislation or information required to make an ethically informed decision. Members are

advised that this document provided by the PAA Professional Guidance Program (PGP) is not legal or clinical advice. For any legal advice, consult your liability insurance or a lawyer who specializes in psychological / health service practice. For financial or accounting advice, consult your accountant or auditor or a management accountant who specializes in Alberta health service provision.