

Table 1

Competence and Confidence Checklist

| Questions | Answers | | | | Pursue Additional Supervision or | |
|---|---------|--------|-----|---------|-------------------------------------|----|
| Question 1. Given the current behavioral problem, what is my level of <i>competence</i> in | | | | | | |
| (a) procedures and strategies | High | Medium | Low | Unknown | Yes | No |
| (b) populations | High | Medium | Low | Unknown | Yes | No |
| (c) settings | High | Medium | Low | Unknown | Yes | No |
| Question 2. What is my level of <i>confidence</i> in treatment success, based on my | | | | | | |
| (a) past experiences | High | Medium | Low | Unknown | Yes | No |
| (b) familiarity with literature | High | Medium | Low | Unknown | Yes | No |
| (c) available resources | High | Medium | Low | Unknown | Yes | No |
| Question 3. How <i>similar</i> is the current behavioral problem and the context in which services are delivered | | | | | | |
| (a) my past experiences | High | Medium | Low | Unknown | Yes | No |
| (b) my previously available resources | High | Medium | Low | Unknown | Yes | No |
| (c) the characteristics of participants in relevant research | High | Medium | Low | Unknown | Yes | No |
| (d) the conditions described in relevant research literature | High | Medium | Low | Unknown | Yes | No |
| Question 4. What is my overall level of competence, based on my answers to Questions 1, 2, and 3? | High | Medium | Low | | | |

Note. PD = professional development. Depending on the presenting problem, questions and scores may be weighed differently. Scores of *low* or *unknown* may warrant additional supervision or PD.