

The Provider's Self-Assessment Checklist (PSAC)

The PSAC is an informal tool designed to help you identify your vulnerability to common challenges associated with evidence-based practice. Created and shared by the Practical for Your Practice Podcast team. Listen to the podcast here: www.deploymentpsych.org/podcast

I. Clinical Execution & Fidelity

- **Assessment Consistency:** Am I using standardized tools regularly to track progress, or am I "winging it" based on vibe?
- **Model Fidelity:** Am I practicing "EBP Mixology," or am I staying true to the mechanics of the evidence-based model I'm using?
- **Diagnostic Breadth:** Am I looking at the full spectrum of the patient's experience (e.g., broad maternal mental health) rather than defaulting to a common diagnosis?
- **Ethical Innovation:** Am I staying open to technological tools (AI, apps, etc.) that could improve patient outcomes?

II. The Therapeutic Alliance

- **Collaborative Planning:** Did the patient help build their treatment tools (like an exposure hierarchy), or did I hand it to them?
- **Nuanced Safety:** Am I avoiding "black and white" labels on sensitive topics like firearm safety in favor of risk-reduction dialogue?
- **Termination Transparency:** Have I explicitly discussed the end of treatment, or am I waiting for the client to bring it up?

III. Professional Growth & Ecosystems

- **Ego Check:** Have I sought consultation recently, or is my perfectionism preventing me from admitting I'm stuck?
- **Knowledge Sharing:** Am I staying current on complex presentations (e.g., narcissism) and passing that knowledge down to trainees?
- **Systemic Literacy:** Am I utilizing EAPs and insurance panels effectively to increase patient access?

IV. Sustainability & Stress Management

- **Warning Signs:** Can I identify my own physical or emotional signs of burnout today?
- **Support Systems:** Have I reached out to a peer this week to either give or receive support?
- **Self-Care Integrity:** Am I prioritizing my own well-being as much as I advise my patients to prioritize theirs?

Pro-Tip: If you find yourself checking "No" or feeling defensive about a specific section, consider ways that you can improve your knowledge or comfort in these areas. This tool is intended to help you identify areas of growth from a non-judgmental standpoint.