SOMENSO
Professional Competence and Readiness Standard

Application form for psychologists, psychotherapists and other professionals joining the Somenso network and Somenso Match

Version 1.1 | 16 November 2026

How to apply

1. **Form and documents.** Complete this form (sections A–H and K) and send it together with the scanned documents listed in the attachments checklist.
2. **Compatibility profile.** After the initial review you will receive a personal link to the online Somenso Match questionnaire on therapeutic style (about 15 minutes).
3. **Professional interview.** A conversation about the scenario-based cases in section I, your methods and your capacity for new clients.
4. **Decision and onboarding.** You receive a reasoned decision. If approved: a profile on the website, an expert profile in Practical Stress and an introduction to the Test My Stress report.

How to send: the form (Word or PDF) and the attachments as separate PDF files to info@somenso.com with the subject “Application — psychologist/therapist”.

You can fill in the form directly in Word or print it. Fields can be expanded as needed. Do not send a personal identification number (EGN) or other identifiers that are not needed for verification.

Purpose and philosophy

Somenso assesses verifiable qualifications, scientific and critical thinking, ethical practice, human-centred care and current professional capacity together. Degrees and experience are necessary evidence, but are not sufficient on their own.

We do not require membership of a particular professional association or a universal number of supervision hours. Applicable legal and professional requirements for the specific activity remain mandatory.

Anxiety, past stress or burnout are not automatic grounds for rejection. We assess specific professional behaviours and safe practice; we do not request diagnoses or medical records.

A. Identification and professional role

Field	Completed by the applicant
Full name	
Professional email / telephone	
City and mode of practice	☐ In person ☐ Online ☐ Hybrid
Declared role	☐ Psychologist ☐ Psychotherapist ☐ Organisational psychologist ☐ Other: _____
Professional services offered	
Client groups / age ranges	
Languages of consultation	
Practical Stress profile (if any)	

B. Education, qualifications and documents

List each qualification obtained and the attachment number. We may ask to verify it against the original or with the issuing institution.

Degree / qualification	Institution / country	Year	Attachment no.

Attachments for section B

- D-1: Higher education diploma
- D-2: Postgraduate / psychotherapy training
- D-3: Other certificates and professional licences
- D-4: Other relevant documents

Send each attachment as a separate PDF named with its code (e.g. D-1_Smith.pdf).

C. Professional development in the last 24 months

List the training completed in the 24 months before the date of application. At each later review the period is recalculated from the date of submission.

Date	Seminar / course / conference	Organiser	Format and hours	Document / attachment

Additional entries may be attached as T-1. Training is assessed by content, instructors, duration and whether knowledge was assessed, not by the number of certificates.

D. Professional experience and context

Area	Description / years / examples
Individual psychological counselling	
Psychotherapy practice (if applicable)	
Chronic stress and burnout	
Corporate environment and organisational dynamics	
Work with C-level executives, owners and senior management	
Public institutions / healthcare / education /	

Area	Description / years / examples
security	
Personal professional experience outside therapeutic practice	

Describe two anonymised examples of how a client's context changed your choice of approach (no identifying details):

E. Methods, scientific rationale and limits of competence

Method / approach	Problems you use it for	Rationale / reliable sources	Limitations and when you refer

How do you distinguish established interventions from preliminary, unsubstantiated or disproven claims?

What do you do when a client is not making progress or a medical or psychiatric condition may be involved?

☐ I do not promise guaranteed cures ☐ I do not replace necessary medical care ☐ I do not present speculative mechanisms as established facts

F. Therapeutic style

Select up to three descriptions of your predominant style:

☐ Emotion-focused / experiential ☐ Cognitive-analytical ☐ Practical / behavioural ☐ Integrative

How do you adapt your way of working to the client's preferences and capacity?

Somenso Match: the detailed compatibility profile (53 statements about how you work, experience with work contexts and 4 short scenarios) is completed online. You will receive a personal link after the initial review. The answers describe how you usually work, not how well — different styles suit different clients.

G. Practitioner Check: current professional capacity

This section supports professional reflection and is not a diagnostic test. Responses are not used to assess mental health; the focus is readiness to take on new clients safely.

Question	Response
Average number of client sessions per week	
Number of new clients I can take on in the next 4 weeks	
How do I recognise a decline in my concentration or the quality of my work?	
How do I limit my workload and allow for recovery?	
What do I do when a personal reaction interferes with my professional judgement?	
How do I respond to a difficult case or uncertainty?	
How do I decide when to recommend another professional?	

☐ I have capacity for new clients ☐ I am temporarily not accepting new clients ☐ I would like to discuss my current capacity

Once you join, capacity is updated in your profile — when your schedule is full, Somenso Match does not recommend you.

H. Ethics, human-centred practice and accountability

How do you agree on goals, confidentiality, professional boundaries, feedback, ending the work and referral to another professional?

How do you receive feedback and change your approach when it is not working?

Approaches to professional reflection (optional): consultation with a colleague, training, confidential professional discussion, structured self-directed learning and others.

There is no universal requirement for a set number of supervision hours.

I. Scenario-based cases for the interview

The cases are discussed at the professional interview. You do not need to answer in writing — read them in advance.

Case 1. Chronic exhaustion in a chief executive

How do you approach fatigue, sleep problems and poor concentration when no medical assessment has been done yet?

Case 2. Lack of progress

A client attends sessions regularly but reports no change and questions the method.

Case 3. Overloaded schedule

Your schedule is full and a new client insists on starting immediately.

J. How we assess and decide

Mandatory conditions (cannot be offset by other strengths):

- Identity and verifiable qualifications
- Activities within the scope of competence
- Ethics and safety
- Sound rationale for methods

Areas of assessment:

- Scientific and critical thinking
- Clinical and professional reasoning, risk management
- Emotional regulation at work (based on observed behaviour)
- Actual capacity for new clients
- Self-reflection and accountability
- Human-centred approach and ethical boundaries
- Adaptability and outcome monitoring

Possible decisions:

- Approved for the declared scope
- Conditionally approved with specific conditions and a deadline
- Review deferred
- Rejected

You are entitled to receive the reasons for the decision and to request a review. Any concern about professional fitness is based on specific facts, not on assumptions about personal diagnoses. Profiles are reviewed once a year with updated professional development data.

K. Personal data and declarations

Controller: Somenso EAD, Sofia, info@somenso.com.

Purpose: verifying professional suitability, inclusion in the Somenso network and matching with clients through Somenso Match.

Legal basis: steps taken at your request before entering into a contract (Art. 6(1)(b) GDPR) and Somenso's legitimate interest in working only with verified professionals (Art. 6(1)(f)).

Access: only the people assessing the application. Documents are not published; the website shows only the profile you approve.

Retention: if rejected or withdrawn — up to 6 months after the decision, then deleted; if approved — for the duration of the cooperation and the periods required by law.

Your rights: access, rectification, erasure, restriction, objection and complaint to the Bulgarian Commission for Personal Data Protection.

Details: Somenso privacy policy

Declarations

☐ The information provided is accurate and complete.

☐ I attach only documents needed for verification.

☐ I agree that my qualifications may be verified with the issuing institutions if necessary.

☐ I have read the personal data terms above.

Name:	Signature:	Date:

Attachments — checklist

Code	Attachment	Provided / file name
D-1	Higher education diploma	☐
D-2	Specialisations and psychotherapy training	☐
D-3	Other qualifications and certificates	☐
D-4	Other relevant documents	☐
T-1	Training in the last 24 months (additional entries)	☐
M-1	Additional description of methods / scientific sources	☐
P-1	Other optional materials	☐

Completed by Somenso

Internal assessment. The applicant does not complete this page.

Mandatory conditions:

☐ Identity and qualifications ☐ Competence ☐ Ethics and safety ☐ Sound methods

Area	Assessment / evidence / notes
Scientific and critical thinking	
Clinical/professional reasoning and risk management	
Emotional regulation (observed behaviour)	
Actual capacity for new clients	
Self-reflection and accountability	
Human-centred approach and ethical boundaries	
Adaptability and outcome monitoring	
Somenso Match: questionnaire completed	

Decision:

☐ Approved ☐ Conditionally approved ☐ Review deferred ☐ Rejected

Reasons / conditions / date for reassessment:

Assessed by:	Date:	Second assessor (if applicable):