

## Unit Title: **Developing Counselling Skills**

**Please note that this unit is expiring from any new learner registrations on 31/07/2019.**

**Please contact AIM Awards for information on replacement qualifications on 01332 341822.**

Unit Level:	<b>Three</b>
Unit Guided Learning Hours:	<b>45</b>
Ofqual Unit Reference Number:	<b>M/506/3050</b>
<b>Unit End Date:</b>	<b>31/07/2019</b>
Unit Sector:	<b>1.3 Health and Social Care</b>

### Unit Summary

This unit prepares learners work with their own clients in a supervised placement. The unit is also intended to be valuable for those seeking to incorporate counselling skills in related employment activities.

### Unit Information

It is expected that before the unit is delivered, the tutor will have read the Qualification Specification to ensure all conditions regarding Rules of Combination, delivery, assessment and internal quality assurance are fulfilled. Additional guidance is available below as Assessment Guidance for Learning Outcomes and Assessment Criteria in **bold**.

**This unit has 3 learning outcomes**

<b>LEARNING OUTCOMES</b>	<b>ASSESSMENT CRITERIA</b>
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand the key features of the therapeutic relationship	1.1. Demonstrate the <b>skills required</b> to establish the therapeutic relationship 1.2. Demonstrate the skills required for <b>developing and sustaining the therapeutic relationship</b> 1.3. Demonstrate the skills required for <b>evaluating and concluding the therapeutic relationship</b>
2. Be able to use strategies and interventions in <b>different counselling settings</b>	2.1. <b>Practice therapeutic responses in a number of different settings</b> 2.2. <b>Determine the effectiveness of therapeutic responses in a number of different settings</b>
3. Be able to apply responses to a <b>range of presenting clients' issues</b>	3.1. Apply responses to particular presentations of clients' issues

## Unit Title: **Developing Counselling Skills**



**Please note that this unit is expiring from any new learner registrations on 31/07/2019.**

**Please contact AIM Awards for information on replacement qualifications on 01332 341822.**

---

### **Assessment**

This unit is assessed by role-play which is internally set and assessed.

### **Indicative Content**

#### **Learning Outcome 1**

##### **1.1 Skills required:**

###### Active Listening:

- reflecting meaning and feelings
- paraphrasing
- summarising
- non-verbal communication
- developing self-awareness.

###### Communicating:

- empathic understanding
- acceptance
- genuineness.

###### Establishing the therapeutic relationship:

- assessment
- contracting
- building rapport and trust
- focusing
- questioning

##### **1.2 Developing and sustaining the therapeutic relationship:**

- communicating deeper empathic understanding - 'hunches', 'intuition'
- building bridges/helping the client connect themes
- self-disclosure
- confrontation
- immediacy
- the use of silence.

##### **1.3 Evaluating and concluding the therapeutic relationship:**

- referring
- appropriate ways of ending
- preparation for ending
- evaluating the work.

## Unit Title: **Developing Counselling Skills**



**Please note that this unit is expiring from any new learner registrations on 31/07/2019.**

**Please contact AIM Awards for information on replacement qualifications on 01332 341822.**

### **Learning Outcome 2**

**Different counselling settings:** such as education/school settings; workplace settings; healthcare settings; drugs and alcohol settings; any other setting/context that may be relevant to the use and application of counselling skills.

**2.1 Practice therapeutic responses in a number of different settings:** how the various schools/orientations might work more or less effectively in the different contexts - Person-Centred; CBT; Psychodynamic etc.

**2.2 Determine the effectiveness of therapeutic responses in a number of different settings:** compare and contrast the different approaches/schools in their use and practise of orientation specific skills. For example, CBT has become the chosen and preferred approach within healthcare settings BUT does it always work? Would/could another approach be appropriate/preferable? Is the Person-centred approach helpful and appropriate to all contextual settings? How? In what way? Evidence? The importance of evidenced based practice will begin to emerge even at this level of training.

### **Learning Outcome3**

**Range of presenting clients' issues:** the development of counselling skills from the different theories etc. The range of presenting client issues will emerge, potentially, from any of the following examples:

- working with trauma
- children and young people
- grief and loss
- addictive behaviour
- sex and sexuality

### **Evidence Requirements**

Evidence of practical ability must be demonstrated.

---

### **Reading List**

#### **Required Reading**

Inskipp, F.( 1996) **Skills Training for Counselling.** London: Sage.

McLeod, John and McLeod, Julia (2011) **Counselling Skills: A practical guide for counsellors and helping professionals** (2nd Ed). Maidenhead.:Open University Press.

## Unit Title: **Developing Counselling Skills**



**Please note that this unit is expiring from any new learner registrations on 31/07/2019.**

**Please contact AIM Awards for information on replacement qualifications on 01332 341822.**

Nelson-Jones, R. (2011) Basic **Counselling Skills - A Helper's Manual** (3rd Ed). London: Sage.

### **Recommended Reading**

Feltham, C and Horton, I. (2012) **The SAGE handbook of Counselling and Psychotherapy** (3rd Ed). London: Sage. Parts vi and vii

Nelson-Jones, R. (2013) **Introduction to Counselling Skills -Text and Activities** (4th Ed). London: Sage .

**EXPIRING**