

Unit Title: **Approaches to Working with Stress**

Please note that this unit is expiring from any new learner registrations on 31/12/2019. Please contact AIM Awards for information on replacement qualifications on 01332 341822.

Unit Level:	Four
Unit Guided Learning Hours:	60
Ofqual Unit Reference Number:	F/506/3117
Unit End Date:	31/12/2019
Unit Sector:	1.3 Health and Social Care

Unit Summary

This unit will provide learners with the skills, knowledge and understanding needed for this area of practice. Learners will consider the particular issues counsellors confront when working with clients experiencing stress.

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 5 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the theoretical models of stress	1.1. Summarise the key theoretical models of stress 1.2. Demonstrate an awareness of a range of commonly used distinctions in categorising stressors 1.3. Summarise the key ideas that the major schools of counselling hold in relation to working with people experiencing stress
2. Understand the context of counselling people with stress	2.1. Illustrate the use and application of counselling skills for people experiencing stress 2.2. Assess the use and application of counselling skills for people experiencing stress

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
3. Understand ethical practice when working with people who are experiencing stress	3.1. Review key challenges when working with people who are experiencing stress
4. Understand risk management in a counselling interaction	4.1. Assess potential key risks to the: (a) counsellor (b) client
5. Know about an awareness of self in relation to others when working with stress	5.1. Identify ways in which self-awareness has developed when working with stress

Assessment

This unit is assessed by an internally assessed and set journal of up to 800 words per session.

Indicative Content

Learning Outcome 1

1.1 Key theoretical models: key theories and models of stress: environmental, medical and psychological (including Hans Selye, Richard Lazarus, etc.).

1.2 Distinctions in categorising stressors: awareness of a range of commonly used distinctions in categorising stressors, e.g. daily hassles, acute life events, chronic stressors, interpersonal stressors, traumatic stressors, environmental stressors, catastrophic stressors, etc. Range of life stressors.

1.3 Major schools: key ideas that the major schools of counselling and psychotherapy (Cognitive-Behavioural, Humanistic, Psychodynamic) hold in relation to stress.

Learning Outcome 2

Context of counselling people with stress:

- concepts of individual vulnerability, coping and resilience. Awareness of DSM-5 Trauma and Stressor related disorders (PTSD, etc)
- referral to other professionals (e.g. doctor, psychologist, psychiatrist) and organisations
- coping strategies – functional and dysfunctional.

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2.1 Counselling skills for people experiencing stress: appropriate skills to use in counselling clients experiencing stress.

Learning Outcome 5

Awareness of self: counsellor self awareness and reflective processes.

Reading List

Required Reading

Aldwin, C. M. (2009). **Stress, coping, and development: An Integrative perspective** (2nd ed.). New York: Guildford Press.

McNamara, S. (2011). **Stress in young people: What's new and what can we do?** London: Continuum.

Recommended Reading

Ellis, A., Gordon, J., Neenan, M., & Palmer, S. (2001). **Stress counselling: A Rational Emotive Behaviour approach.** London; Sage.

Lazarus, R. S., & Folkman, S. (1984). **Stress, appraisal, and coping.** New York: Springer.

Palmer, S., & Dryden, W. (1994). **Counselling for stress problems.** London: Sage.

Palmer, S., & Dryden, W. (1996). **Stress management and counselling: theory, practice, research and methodology.** London: Cassell.

Palmer, S., & Milner, P. (1998). **Integrative stress counselling: A humanistic problem and goal focused approach.** London: Sage.

Sanderson, C. (2013). **Counselling skills for working with trauma: healing from child sexual abuse, sexual violence and domestic violence.** London: Jessica Kingsley.

Selye, H. (1974). **Stress without distress.** London: Lippincott Williams & Wilkins.

Selye, H. (1978). **The stress of life** (2nd ed.). London: McGraw-Hill.

Taylor, S. F. (2013). **Challenges in Counselling: Loss.** London: Hodder Education.