

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

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:	J/506/3121
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 special area of practice. Learners will consider the particular issues counsellors confront when working with clients with depression and how different counselling theories may affect both the process and outcome of counselling.

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 features of depression	1.1. Clarify the term depression 1.2. Distinguish between the different types of depressive disorders 1.3. Demonstrate familiarity with diagnostic criteria for depressive disorders
2. Understand the context of counselling people with depression	2.1. Illustrate the use and application of counselling skills for people experiencing depression 2.2. Assess the use and application of counselling for people experiencing depression
3. Understand ethical practice when working with people who are experiencing depression	3.1. Review key challenges to ethical practice when working with people with depression

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
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 depression	5.1. Identify ways in which self-awareness has developed when working with depression

Assessment

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

Indicative Content

Learning Outcome 1

Features of depression:

- history of depression – to include emergent views of depression in the 20 and 21st century (Kremlin, Schneider, Meyer etc.)
- biological aspects of depression to include current and previous positions on neurological aspects of depression
- potential and /or likely Emotional, cognitive, behavioural and physical responses to depression
- definitions of depression, current and past. This should include focus on the historical aspects of defining depression and particularly that which has been included and changed in the DSM manuals 1-5.
- knowledge of the different types of depression should also be a focus e.g. the difference between Bipolar disorder and Major depressive disorder.

Learning Outcome 2

Context of counselling people with depression:

- broad knowledge of therapeutic approaches to counselling clients with depression. Overview of Humanistic, Cognitive Behavioural and Psychodynamic approaches and belief systems in relation to depression as a presenting issue.
- in depth knowledge of position taken by chosen theoretical approach in relation to counselling clients with depression.
- acknowledgment of alternative theoretical approaches to working with depression

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- appropriate skills within chosen approach, when working with this client group.
- appropriate skills to encourage and develop a working alliance
- appropriate skills for building and maintaining the relationship
- knowledge of skills to ensure appropriate endings to work with this client group
- knowledge of appropriate systems for client referral if necessary, and the potential dynamics surrounding this event.

Learning Outcome 4

Risk management: consideration should be given to ensure that health and safety issues are a focus, with emphasis on both client and Counsellor. Specific areas of focus need to include potential risks arising from this presenting issue and contracting should be discussed and present during skills practice.

Learning Outcome 5

Awareness of self: consideration of aspects of self-care in relation to potential work in this area. Encouraging development of self-awareness in relation to depression and individual growth (challenges to individual growth).

Reading List

Required Reading

Cozolino, L. (2002) **The Neuroscience of Psychotherapy**. New York: Norton.

Cantopher, T. (2012) **Depressive illness: The curse of the strong** (3rd Ed). London: Sheldon Press.

Gilbert, R. (2007) **Psychotherapy and Counselling for Depression** (3rd Ed). London: Sage.

Tolan, J. & Wilkins, P. Eds (2012) **Client issues in Counselling and Psychotherapy**. London: Sage.

Recommended Reading

Brampton, S. (2008) **Shoot the Damn Dog: A memoir of Depression**. London: Bloomsbury.

Rice-Oxley, M. (2012) **Underneath the Lemon Tree: A memoir of Depression and Recovery**. Great Britain: Little, Brown.

Rowe, D. (2003) **Depression: The way out of your prison**. New York: Routledge.

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Skovholt, T & Trotter-Matthison, M. **The Resilient Practitioner: Burn out and Self-care strategies for Counsellors, Therapists, Teachers and Health Professionals** (2nd Ed) .New York: Routledge.

EXPIRING