

## Unit Title: **Approaches to Brief Therapy**

**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:	<b>Four</b>
Unit Guided Learning Hours:	<b>60</b>
Ofqual Unit Reference Number:	<b>K/506/3077</b>
<b>Unit End Date:</b>	<b>31/12/2019</b>
Unit Sector:	<b>1.3 Health and Social Care</b>

### Unit Summary

This unit will provide learners with insights, knowledge and understanding of brief therapy skills and techniques. Consideration of brief approaches within the three major schools will form part of this unit. The aim of this unit is to provide a basis on which to understand the different brief therapy models, their limitations and risks to both counsellor and client. The management of time within the counselling relationship and the different skills required will also be covered in this unit.

### 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**

<b>LEARNING OUTCOMES</b>	<b>ASSESSMENT CRITERIA</b>
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand the theoretical <b>models of brief therapy</b>	1.1. Clarify the term brief therapy 1.2. Critically compare the key components of models of brief therapy 1.3. Summarise the key ideas that the <b>major schools</b> of counselling and psychotherapy hold in relation to brief therapy
2. Understand the context of brief therapy	2.1. Illustrate the use and application of counselling skills for brief therapy 2.2. Assess the use and application of counselling skills for brief therapy
3. Understand ethical practice when working in a time-limited way	3.1. Review key challenges to ethical practice when working in a time-limited way

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
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 in working with brief therapy	5.1. Identify ways in which self-awareness has developed in working with brief therapy

### **Assessment**

This unit is assessed by a journal which is internally set and assessed. The journal must be up to 800 words per session.

### **Indicative Content**

#### **Learning Outcome 1**

##### **Models of brief therapy:**

- development of the main models of Brief Therapy
- Brief Strategic Therapy - Erickson
- Brief Strategic Family Therapy - Hayley and Madanes
- Skilled Helper Model – Egan
- Solution Focused Brief Therapy model – De Shazer
- Brief Therapy views of the person and the principles of the therapeutic relationship
- skills required for brief or time limited therapy
- ethical issues in brief work
- Outcomes – comparative studies of Brief Therapy, variables affecting outcomes (e.g. the Therapeutic Alliance, client characteristics, client actions and experiences of Brief Therapy, counsellor characteristics and actions in Brief Therapy).

#### **1.3 Major schools:** cognitive-behavioural, humanistic, psychodynamic.

### **Reading List**

#### **Required Reading**

Feltham, C (1996) **Time-Limited Counselling** . London: Sage.

Macdonald, A (2011) **Solution- Focused Therapy: theory, research and practice** (2nd Ed). London: Sage.

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O'Connell, B (2012) **Solution-Focused Therapy** (3rd Ed). London: Sage.

### **Recommended Reading**

Curwen, B; Palmer, S and Ruddell, B (2000). **Brief Cognitive Behaviour Therapy**. London: Sage.

Hanton, P (2011) **Skills in Solution Focused Brief Counselling and Psychotherapy**. London: Sage.

Hudson-Allez, G (1997) **Time-Limited Therapy in a General Practice Setting: how to help within six sessions**. London: Sage.

Lines, D (2011) **Brief Counselling in Schools** (3rd Ed). London: Sage.

Mander, G (2000) **A Psychodynamic Approach to Brief Therapy**. London: Sage.

O'Connell, B and Plamer, S (2003) **Handbook of Solution-Focused Therapy**. London: Sage.

Tudor, K (2008) **Brief Person-Centred Therapies**. London: Sage.