

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



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.

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|-------------------------------|-----------------------------------|
| Unit Level: | Four |
| Unit Guided Learning Hours: | 60 |
| Ofqual Unit Reference Number: | R/506/3123 |
| 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 who present with anxiety issues, and address 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 anxiety | 1.1. Clarify the term anxiety 1.2. Distinguish between the different types of anxiety disorders 1.3. Demonstrate familiarity with diagnostic criteria for anxiety disorders |
| 2. Understand the context of counselling people with anxiety | 2.1. Illustrate the use and application of counselling skills for people experiencing anxiety 2.2. Assess the use and application of counselling skills for people experiencing anxiety |
| 3. Understand ethical practice when working with people who are experiencing anxiety issues | 3.1. Review key challenges when working with people who are experiencing anxiety issues |

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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 anxiety | 5.1. Identify ways in which self-awareness has developed when working with anxiety |

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 anxiety:

- history of anxiety, to include the recognition and inclusion of anxiety disorders in DSM manuals, and current definitions and defined symptoms in DSM 5
- biological and neurobiological aspects of anxiety. Candidates to have an understanding of fear response systems, and the role of the autonomic, sympathetic and parasympathetic nervous system in relation to anxiety
- potential and/or likely Emotional, behavioural, physical and cognitive responses to anxiety. Particular focus should be placed on physical aspects of anxiety e.g. Panic attacks, chest pain, shortness of breath etc.
- definitions of anxiety, knowledge of past and present definitions and perceptions around anxiety. Current positions around perceived difference between fear and anxiety.

Learning Outcome 2

Context of counselling people with anxiety:

- broad knowledge of therapeutic approaches to counselling clients with anxiety issues. Overview of Humanistic, Cognitive Behavioural Therapy and Psychodynamic approaches and belief systems in relation to anxiety problems
- in depth knowledge of chosen theoretical approach and position in relation to counselling clients with anxiety problems
- acknowledgment of alternative theoretical approaches

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- appropriate skills and strategies for working with clients with anxiety problems, in relation to chosen therapeutic approach
- appropriate skills to develop a working alliance
- appropriate skills for building and maintaining the counselling relationship
- knowledge of appropriate endings for clients with this presenting issue
- knowledge of appropriate system of referral if necessary, and the potential dynamics surrounding this.

Learning Outcome 4

Risk management:

- consideration should be given to potential health and safety issues of both client and counsellor when working with anxiety problems. Specific focus should be placed on 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 self-care in relation to potential work in this area. Encouraging self-awareness in relation to anxiety and individual growth.

Reading List

Required Reading

American Psychiatric Association (2013) **Diagnostic and Statistical Manual of Mental Disorders: DSM 5** (5th Ed). Washington: APA.

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

Hallam, R.S. (1992) **Counselling for Anxiety Problems**. London: Sage.

Sanders, D. & Wills, F. (2003) **Counselling for Anxiety Problems** (2nd Ed). London: Sage.

Wilkinson, A. Meares, K. & Freeston, M. (2011) **CBT for Worry and Generalised Anxiety**. London: Sage.