

HSC354 Counsel individuals about their substance use using recognised theoretical models (Level 3)

Elements of Competence

- HSC354a** Establish and manage the counselling relationship
- HSC354b** Enable individuals to identify and explore concerns
- HSC354c** Review options and assist individuals to decide on a course of action

About this unit

For this unit you need to counsel individuals with drug or alcohol problems. It is intended for those who provide counselling to individuals within an agreed framework, rather than offering advice and guidance on an ad hoc basis. The counsellor should pay particular regard to developing the counselling relationship in the earlier stages of counselling as the drug/alcohol user may have experienced a lack of positive regard, lack of empathy and a judgemental attitude from professionals in the past. Attention should also be given in this unit to activities that are not face-to-face work, but support the counselling process such as liaison, research and attending supervision.

Scope

The scope is here to give you guidance on possible areas to be covered in this unit. The terms in this section give you a list of options linked with items in the performance criteria. You need to provide evidence for any option related to your work area.

Boundaries: eligibility criteria; confidentiality; intoxication during counselling challenging behaviour.

Contract: duration; frequency; costs; location; limitations; financial.

Service: own agency; partnership agency; other services.

Needs: psychological; social; physical; emotional; legal.

Resource: time; materials; finance; staff.

Information: verbal; written.

Circumstances: history of treatment; drug/alcohol history; support networks; housing; employment; other current treatments; court orders/requirements; risk assessment.

Methods: drink diaries; questionnaires; life history; one to one; group.

This is Drugs and Alcohol National Occupational Standard (DANOS) AI1.

HSC354a Establish and manage the counselling relationship

Performance Criteria

You need to show that,

1. you create a counselling setting in which individuals feel comfortable enough to express their requirements
2. you explore individuals' expectations in order to agree methods of working
3. you explain the nature of the counselling service, including **boundaries**, constraints and what can be expected of the **service**
4. you encourage individuals to identify their requirements and work with any tension between their hopes, expectations and what the service can offer
5. you assess the appropriateness of starting the current counselling
6. you ensure that the counselling **contract** is realistic
7. you examine your own attitude towards drugs and alcohol, monitoring the impact that may have on the counselling process
8. you monitor your thoughts, feelings, and emotional reactions to clients so that you can correctly attribute them
9. you monitor and review the counselling process to ensure it remains of value
10. you use a consistent theoretical base informed by recognised theoretical models, adapting these where necessary
11. you confirm with the individual when the process is drawing to its conclusion
12. you explore with the individual the implications of other forms of treatment continuing beyond counselling
13. you comply with all relevant legislation, agency codes of practice, guidelines and ethical requirements

HSC354b Enable individuals to identify and explore concerns

Performance Criteria

You need to show that,

1. you enable individuals to express their concerns freely through positive regard, active listening and a non-judgemental attitude
2. you encourage individuals to identify and explore their **needs**
3. you reflect back, clarify and review with individuals your perception of their feelings
4. you assist the individual to prioritise their needs
5. you identify and agree needs that cannot be met and facilitate access to additional or alternative sources of support
6. you work with individuals on any tension between their hopes and expectations and the reality of **resource** limitations

HSC354c Review options and assist individuals to decide on a course of action

Performance Criteria

You need to show that,

1. you identify with the individual a suitable range of options to meet their needs
2. you ensure individuals understand the **information** provided
3. you outline the potential consequences, advantages and disadvantages of the options according to the individual's **circumstances**
4. you check individual's understanding of options and **methods** that may be used
5. you identify any potential problems with the chosen course of action
6. you confirm the course of action that is being taken and check for understanding and agreement with the individual
7. you record the course of action according to agency requirements
8. you explore and select methods with the individual that are most likely to be effective
9. you agree with individuals the methods to be adopted
10. you identify any requirements that cannot be met and establish alternative actions for dealing with them
11. you comply with all relevant legislation, codes of practice, guidelines and ethical requirements

Knowledge Specification for the whole of this unit

Competent practice is a combination of the application of skills and knowledge informed by values and ethics. This specification details the knowledge and understanding required to carry out competent practice in the performance described in this unit.

When using this specification **it is important to read the knowledge requirements in relation to expectations and requirements of your job role.**

You need to show that you know, understand and can apply in practice:

Values

1. the rights of individuals with whom you come into contact

Legislation and organisational policy and procedures

2. legal and organisational requirements and policies requirements relevant to the functions being carried out
3. the limits and boundaries of your duties, responsibilities and power and why it is important to explain these to the individual
4. the principles around supervision and appraisal
5. the individual's rights and how these should inform and influence the formation of a relationship between you and the individual
6. the importance of encouraging individuals to express their perspectives, values and feelings
7. organisational and legal procedures and requirements regarding the recording, storage and passing on of information relating to individuals and work undertaken with them
8. professional codes of practice

Theory and practice

Counselling

9. the principles of active listening
10. the cycle of change model
11. all models explaining substance misuse
12. the principles of motivation and dependence
13. the underlying issues that may lead to substance misuse
14. a range of recognised theoretical models
15. possible support mechanisms for individual

Local Knowledge

16. the availability of substance misuse services in the local area
17. the characteristics of substance misuse services in the local area

Organisational context

18. agency codes of practice
19. Research
20. knowledge of research, how and where to access it

21. how to analyse research

Substance Misuse

22. the range of different substances and their implications for the provision of services
23. national substance misuse policies and priorities
24. the range of substance misuse services offered by your organisation or other organisations
25. the specific needs of individuals who are substance users, and how to meet these needs
26. the range of behaviours that can be expected from substance users, and how to deal with these
27. the risks substance misuse may pose to individuals and how to minimise these risks
28. the risks substance misuse may pose to others, how to assess and minimise these risks
29. the substance misuse jargon/terminology, commonly used
30. the essentials around mental health, dual diagnosis and relevant services
31. the continuum of substance use from recreational to problematic
32. the continuum of approaches to working with substance misuse from abstinence to harm reduction
33. cultural and religious issues that may impact when working with substance misuse.