

HSC355 Counsel groups of individuals about their substance use using recognised theoretical models (Level 3)

Elements of Competence

- HSC355a** Plan and prepare therapeutic group activities
- HSC355b** Prepare and support individuals through therapeutic group activities
- HSC355c** Evaluate agreed therapeutic group activities

About this unit

For this unit you need to counsel groups of individuals about their substance use by planning, preparing and implementing relevant therapeutic group activities using recognised theoretical models. It is intended for those who provide counselling to individuals as part of group activities. Group activities may be substance use specific, such as relapse prevention techniques, or may be general, such as anger management or social skills training. There should be evidence of establishing and managing the counselling process with particular regard to the complexities that emerge when dealing with alcohol and drug related issues in a group setting.

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.

Therapeutic group activity: demonstration and modelling; explanation and step-by-step; exploration, discussion, prompting and questioning; audio visual and computer; small group exercise.

Boundaries: confidentiality; intoxication during counselling; challenging behaviour; extent of detail of substance abuse.

Contract: duration; frequency; commitment to group; limitations.

Feedback: verbal; written.

Circumstances: history of treatment; drug/alcohol history; history of group work; other current treatments; court orders/requirements.

Materials: drink diaries; questionnaires; life history materials; further relevant materials; audio visual and computer.

Review: with individuals in group; with appropriate colleagues.

This is Drugs and Alcohol National Occupational Standard (DANOS) AI3.

HSC355a Plan and prepare therapeutic group activities

Performance Criteria

You need to show that,

1. you establish the purposes and goals of the **therapeutic group activity**
2. you involve individuals in the planning process at a level appropriate to their abilities and **circumstances**
3. you check individuals' understanding of options and activities that may be used
4. you examine your own attitude towards drugs and alcohol, monitoring the impact that may have on the group
5. you are aware of own limitations, knowledge base and skill level
6. you conduct planning using a consistent theoretical base informed by recognised theoretical models
7. you anticipate any potential constraints or opportunities in the group and incorporate these into the planning
8. you prepare **materials** that are relevant and appropriate to the individuals in the group
9. you establish criteria for evaluating the effectiveness of activities

HSC355b Prepare and support individuals through therapeutic group activities

Performance Criteria

You need to show that,

1. you arrange the environment in a way that encourages the full participation of all the individuals in the group
2. you discuss expectations and agree objectives with group members
3. you explain the nature of therapeutic group work, including benefits, possible constraints and **boundaries**
4. you establish a group **contract** that defines confidentiality, is realistic and agreed by all group members
5. you demonstrate positive regard, empathy and a non-judgmental attitude to all individuals in the group and encourage a shared responsibility in this
6. you use a consistent theoretical base informed by recognised theoretical models
7. you give individuals sufficient information and guidance, at an appropriate level and pace to maximise their involvement
8. you provide a suitable variety of therapeutic group activities to maximise involvement
9. you give and facilitate constructive feedback in a manner, level and pace that enhances individuals' learning and development in the group
10. you manage disruption in a way that is constructive, inclusive and in keeping with agreed boundaries

11. you monitor your thoughts, feelings and emotional reactions to the group and individuals in the group so that you can correctly attribute them
12. you monitor and review the group processes and activities to ensure they remain of value to all individuals in the group
13. records of activities, agreements, contracts are accurate, legible, complete, up to date and secure
14. you comply with all relevant legislation, agency codes of practice, guidelines, professional and ethical requirements

HSC355c Evaluate agreed therapeutic group activities

Performance Criteria

You need to show that,

1. you encourage and support individuals to give **feedback** on the therapeutic group activity
2. you **review** the outcomes of the group activities
3. you modify your plan where feedback indicates that the planned activity is inappropriate
4. you review the effectiveness of learning and development methods and identify alternative approaches where necessary
5. you use feedback to identify when the process is drawing to its conclusion.

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 individual's rights and how these should inform and influence the formation of a relationship between you and the individual
5. organisational and legal procedures and requirements regarding the recording, storage and passing on of information relating to individuals and work undertaken with them
6. professional codes of practice
7. agency codes of practice
8. definition and boundaries of confidentiality

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
13. a range of recognised theoretical models
14. awareness of cross-cultural approaches
15. why it is important to encourage individuals to express their perspectives, values and feelings
16. appropriate use of counselling supervision

Group skills

17. the essentials of group dynamics
18. how to put participants at ease
19. the principles of good feedback in groups

Local knowledge

20. the availability of substance misuse services in the local area

21. the characteristics of substance misuse services in the local area

Research

22. knowledge of research, how and where to access it

23. how to analyse research

Substance misuse

24. the range of different substances and their implications for the provision of services

25. national substance misuse policies and priorities

26. the range of substance misuse services offered by your organisation or other organisations

27. the specific needs of individuals who are substance users, and how to meet these needs

28. the range of behaviours that can be expected from substance users, and how to deal with these

29. the risks substance misuse may pose to individuals and how to minimise these risks

30. the risks substance misuse may pose to others, how to assess and minimise these risks

31. the substance misuse jargon/terminology, commonly used

32. the essentials of dual diagnosis

33. the continuum of substance use from recreational to problematic

34. the continuum of approaches to working with substance misuse from abstinence to harm reduction.