

Higher National Unit specification

General information for centres

Unit title: Counselling: Working with Substance Misuse

Unit code: F1EX 35

Unit purpose: This Unit is designed to provide the specialist knowledge required to understand the factors contributing to and the impact of substance misuse. During delivery for this unit, there will be regular opportunity for practice observation, feedback, discussion and review. The unit content is underpinned by the British Association of Counselling and Psychotherapy Ethical Framework for Good Practice in Counselling.

On completion of the Unit the candidate should be able to:

- 1 Compare and contrast effects of substances that are recognised as leading to addiction.
- 2 Analyse the effects of substance misuse on family functioning.
- 3 Demonstrate relevant counselling skills necessary for relapse prevention when working with clients experiencing substance addiction.
- 4 Demonstrate personal learning.

Credit points and level: 1 HN credit at SCQF level 8: (8 SCQF credit points at SCQF level 8*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: Access to this Unit is at the discretion of the centre, however, it is recommended that candidates have completed Units *Counselling: Understanding Addictive Behaviours* and *Counselling: Working with Addictive Behaviour*. Candidates should also have good communication skills.

Core Skills: There are opportunities to develop the Core Skills of Communication, Problem Solving and Working with Others at Higher level in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery: If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

This Unit is an optional Unit within the Group Awards HNC Counselling and a mandatory Unit within PDA Addiction Counselling.

Assessment: Specific advice on assessment for this Unit is given for each Outcome. Candidates must achieve all of the minimum evidence specified for each Outcome in order to pass the Unit. Outcomes 1 and 2 are assessment by assignment, Outcome 3 by practical demonstration and Outcome 4 by reflective accounts.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, Knowledge and/or Skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Compare and contrast effects of substances that are recognised as leading to addiction

Knowledge and/or Skills

- ◆ Substances recognised as leading to addiction
- ◆ Physical effects of substances
- ◆ Psychological effects of substances

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ identify substances that are recognised as leading to addiction
- ◆ compare and contrast physical and psychological effects of identified substances

Assessment Guidelines

Evidence could be generated through an extended response assignment of approximately 1,500 words.

Higher National Unit specification: statement of standards (cont)

Unit title: Counselling: Working with Substance Misuse

Outcome 2

Analyse the effects of substance misuse on family functioning

Knowledge and/or Skills

- ◆ Family systems approach to substance and alcohol related issues (Bowen)
- ◆ Challenges regarding co-dependency
- ◆ Family dysfunction

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ discuss the family systems approach with regard to substance and alcohol related issues
- ◆ examine the debate surrounding co-dependency
- ◆ explore family dysfunction to client situation

Assessment Guidelines

Evidence could be generated through an assignment/case study.

Outcome 3

Demonstrate relevant counselling skills necessary for relapse prevention when working with clients experiencing substance addiction

Knowledge and/or Skills

- ◆ Relevant counselling techniques within Three Stage Approach to Helping.
- ◆ Application of relapse prevention techniques
- ◆ Importance of empowerment of client regarding personal choices

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ demonstrate practice of one stage from the Three Stage Approach to Helping
- ◆ enable client progress using two current counselling techniques particular to working with clients challenged by addiction in relation to relapse
- ◆ facilitate awareness of empowerment within client regarding personal choices

Assessment Guidelines

Evidence could be generated through observation of the candidate undertaking a practical session of 30 minutes in length (the practical session could be simulated through the use of role play).

Higher National Unit specification: statement of standards (cont)

Unit title: Counselling: Working with Substance Misuse

Outcome 4

Demonstrate personal learning.

Knowledge and/or Skills

- ◆ Self awareness and personal growth
- ◆ Increased awareness of relationships — friends family, course members

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ reflect on Unit content
- ◆ describe and evaluate insights into behaviours and attitudes
- ◆ evaluate impact on future understanding

Assessment Guidelines

This Outcome could be assessed by reflective accounts covering each learning theory and detailing personal learning. This may be integrated into a course journal if one is being kept.

Administrative Information

Unit code:	F1EX 35
Unit title:	Counselling: Working with Substance Misuse
Superclass category:	PP
Original date of publication:	April 2007
Version:	03

History of changes:

Version	Description of change	Date
03	Unit revised to clarify current terminology used within substance management.	22/03/2017
02	Unit revised to reflect current theory and terminology. Outcome 3 - Clarification to specify importance of 'relapse prevention' counselling skills.	12/04/2016

Source: SQA

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Higher National Unit specification: support notes

Unit title: Counselling: Working with Substance Misuse

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

This specialist Unit is designed to allow candidates to consolidate and apply knowledge and understanding underpinning addiction counselling. In order to achieve the Outcomes as stated, this Unit requires that the candidate will take notes in lectures and discussions, compile given assessments, read relevant books and articles as advised, watch relevant videos and take part in and contribute to group discussions and exercises. This Unit could be integrated with other counselling Units, particularly *Counselling: Understanding Addictive Behaviours* and *Counselling: Working with Addictive Behaviours* and is intended for those preparing to work or already working in this field.

Guidance on the delivery and assessment of this Unit

Outcome 1

Outcome 1 identifies, then compares and contrasts substances that are recognised as leading to addiction in relation to physical and psychological effects.

- (a) Legal, prescription and illegal substances throughout stages of classification system.
- (b) Physical effects: stimulant/depressive, methods used (injecting, inhaling, ingesting), side effects.
- (c) Psychological effects: memory loss, confusion, lack of self awareness, inflated confidence, perceptive distortions etc.

Outcome 2

Outcome 2 analyses the effects of substance misuse on family functioning.

- (a) Family dysfunction: Unhealthy parenting styles, impact on child, roles that a child might adopt
- (b) Family systems model: 8 concepts of Murray Bowen (1976)
- (c) Co-dependency issues: E Larson; M Beattie, impact on self worth self esteem, altered behaviours, artificial construct.

Higher National Unit specification: statement of standards (cont)

Unit title: Counselling: Working with Substance Misuse

Outcome 3

Outcome 3 is designed to allow candidates to put theory into practice. Safety of students is paramount so it is important to stress that simulation/role-play is acceptable here. The following could be covered:

- (a) Relevant counselling approaches: Egan's Three Stage Helping model, Behavioural, Person-centred, NLP, Gestalt, TA, Psychodynamic, Cognitive, CBT.
- (b) Demonstration of current relapse prevention methods

Outcome 4

Outcome 4 gives candidates the opportunity to demonstrate their personal learning and apply the counselling concepts to their relationships. This may be integrated into a course journal if one is being kept. The following should be considered:

- (a) Personal knowledge/skills gained, insights into behaviours, impact on future understanding, reflection on own habits and values.

Key texts:

Hussein Rassool, G. (2008)
Alcohol and Drug Misuse: A Handbook for Students and Health Professionals
Routledge
ISBN 0415409675

Lockley P. (1995)
Counselling Heroin and Other Drug Users
Free Association Books
ISBN 1-85343-304-7

Monti P., Colby S., O'Leary T (2004)
Adolescents, Alcohol and Substance Abuse
Guilford Press
ISBN 1-59385-090-5

McKeganey, N. (2013)
A-Z of Substance Misuse and Drug Addiction
Palgrave Macmillan
0230314201

Sussman S., Ames S. (2001)
The Social Psychology of Drug Abuse
Open University Press
ISBN 0-335-20618-2

CARES (Centre for Addiction Research and Education Scotland)

www.dundee.ac.uk/psychiatry/res_addictions/research_addictions.htm

AES (Addiction Education Scotland)
www.das.stir.ac.uk/DRUGS/aes.htm

Journal: Addiction Research & Theory
Pub. Taylor & Francis

Opportunities for developing Core Skills

There are opportunities to develop the Core Skills of Communication, Problem Solving and Working with Others at Higher level in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Open learning

Due to the practical nature of the content of this Unit, it would only be appropriate for open learning with considerable care to incorporate group discussion, sharing of experience and the opportunity for role play.

Candidates with disabilities and/or additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).

General information for candidates

Unit title: Counselling: Working with Substance Misuse

This Unit is designed to allow you to develop the specialist knowledge required to understand the factors contributing to and the impact of substance abuse. The Unit is suitable for those working in or preparing to work in the field of addiction counselling.

On completion of this Unit you will be able to:

- ◆ Compare and contrast effects of substances that are recognised as leading to addiction
- ◆ Analyse the effects of substance misuse of one family member on family functioning
- ◆ Demonstrate relevant counselling skills necessary for relapse prevention when working with clients experiencing substance addiction
- ◆ Demonstrate personal learning

You will be assessed in this Unit various assignments (Outcomes 1 and 2), by demonstration of practical skills (Outcome 3) and by the production of a reflective journal (Outcome 4).