

H5VD 04 (SFH AI1) — Counsel Individuals about Their Substance Use Using Recognised Theoretical Models

Overview

For this standard 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.

Users of this standard will need to ensure that practice reflects up to date information and policies.

Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB4 Enablement to address health and wellbeing needs

Performance Criteria — What you do in your job

You must provide evidence to meet all the 29 Performance Criteria for this Unit. The Performance Criteria are grouped under headings to assist you with planning how best to meet these points.

Place the number of the piece of work where this Performance Criteria has been met in the evidence box after each criteria.

	Performance Criteria	Evidence Number where this criteria has been met
1	Create a counselling setting in which individuals feel comfortable enough to express their requirements.	
2	Explore individuals' expectations in order to agree methods of working.	
3	Explain the nature of the counselling service, including boundaries, constraints and what can be expected of the service.	
4	Encourage individuals to identify their requirements and work with any tension between their hopes, expectations and what the service can offer.	
5	Assess the appropriateness of starting the current counselling.	
6	Ensure that the counselling contract is realistic.	
7	Examine your own attitude towards drugs and alcohol, monitoring the impact that may have on the counselling process.	
8	Monitor your thoughts, feelings, and emotional reactions to clients so that you can correctly attribute them.	
9	Monitor and review the counselling process to ensure it remains of value.	

	Performance Criteria	Evidence Number where this criteria has been met
10	Use a consistent theoretical base informed by recognised theoretical models, adapting these where necessary.	
11	Confirm with the individual when the process is drawing to its conclusion.	
12	Explore with the individual the implications of other forms of treatment continuing beyond counselling.	
13	Comply with all relevant legislation, agency codes of practice, guidelines and ethical requirements.	
14	Enable individuals to express their concerns freely through positive regard, active listening and a non-judgemental attitude.	
15	Encourage individuals to identify and explore their needs.	
16	Reflect back, clarify and review with individuals your perception of their feelings.	
17	Assist the individual to prioritise their needs.	
18	Identify and agree needs that cannot be met and facilitate access to additional or alternative sources of support.	
19	Work with individuals on any tension between their hopes and expectations and the reality of resource limitations.	
20	Identify with the individual a suitable range of options to meet their needs.	
21	Ensure individuals understand the information provided.	
22	Outline the potential consequences, advantages and disadvantages of the options according to the individual's circumstances.	

	Performance Criteria	Evidence Number where this criteria has been met
23	Check individual's understanding of options and methods that may be used.	
24	Identify any potential problems with the chosen course of action.	
25	Confirm the course of action that is being taken and check for understanding and agreement with the individual.	
26	Record the course of action according to agency requirements.	
27	Explore and select methods with the individual that are most likely to be effective.	
28	Agree with individuals the methods to be adopted.	
29	Identify any requirements that cannot be met and establish alternative actions for dealing with them.	

Knowledge and Understanding — Why and how you do what you do in your job

You must provide evidence of your knowledge and understanding to meet all the 32 knowledge points for this Unit. The knowledge points are grouped under headings to assist you with planning how best to meet them.

Place the number of the piece of work where each knowledge point has been met in the 'evidence number' box after each point.

	Knowledge and Understanding <i>You need to know and understand:</i>	Evidence Number where this knowledge point has been met
1	Legal and organisational requirements and policies requirements relevant to the functions being carried out.	
2	The limits and boundaries of your duties, responsibilities and power and why it is important to explain these to the individual.	
3	The principles around supervision and appraisal.	
4	The individual's rights and how these should inform and influence the formation of a relationship between you and the individual.	
5	The importance of encouraging individuals to express their perspectives, values and feelings.	
6	Organisational and legal procedures and requirements regarding the recording, storage and passing on of information relating to individuals and work undertaken with them.	
7	Professional codes of practice.	
8	The principles of active listening.	
9	The cycle of change model.	
10	All models explaining substance misuse.	
11	The principles of motivation and dependence.	

	Knowledge and Understanding <i>You need to know and understand:</i>	Evidence Number where this knowledge point has been met
12	The underlying issues that may lead to substance misuse.	
13	A range of recognised theoretical models.	
14	Possible support mechanisms for individual.	
15	The availability of substance misuse services in the local area.	
16	The characteristics of substance misuse services in the local area.	
17	Agency codes of practice.	
18	Knowledge of research, how and where to access it.	
19	How to analyse research.	
20	The range of different substances and their implications for the provision of services.	
21	National substance misuse policies and priorities.	
22	The range of substance misuse services offered by your organisation or other organisations.	
23	The specific needs of individuals who are substance users, and how to meet these needs.	
24	The range of behaviours that can be expected from substance users, and how to deal with these.	
25	The risks substance misuse may pose to individuals and how to minimise these risks.	
26	The risks substance misuse may pose to others, how to assess and minimise these risks.	
27	The substance misuse jargon/terminology, commonly used.	

	Knowledge and Understanding <i>You need to know and understand:</i>	Evidence Number where this knowledge point has been met
28	The essentials around mental health, dual diagnosis and relevant services.	
29	The continuum of substance use from recreational to problematic.	
30	The continuum of approaches to working with substance misuse from abstinence to harm reduction.	
31	Cultural and religious issues that may impact when working with substance misuse.	
32	The rights of individuals with whom you come into contact.	

The candidate and assessor must only sign below when all Performance Criteria and knowledge points have been met.

Unit assessed as being complete

Candidate's name	
Candidate's signature	
Date submitted to Assessor as complete	

Assessor's name	
Assessor's signature	
Date assessed complete	

Internal Verification

To be completed in accordance with centre's internal verifier (IV) strategy.

Evidence for this Unit was sampled on the following date/s	Internal verifier's signature	Internal verifier's name

This Unit has been subject to an admin check in keeping with the centre's IV strategy.

Date of admin check	Internal verifier's signature	Internal verifier's name

Unit completion confirmed

Internal verifier's name	
Internal verifier's signature	
Date completed	