

## Higher National Unit specification

### General information for centres

**Unit title:** Counselling Supervision

**Unit code:** F1EJ 35

**Unit purpose:** This Unit is designed to provide the specialist skills and knowledge required to analyse a range of supervisory theories, skills and styles.

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

- 1 Describe the character of effective supervision.
- 2 Analyse ethical issues in counselling supervision.
- 3 Evaluate different theoretical models and approaches to counselling supervision.

**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:** Candidates should have well developed communication skills. Access to this Unit is at the discretion of the centre.

**Core Skills:** There may be 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 part of the Group Award HNC Counselling.

**Assessment:** This Unit is assessed by three instruments of 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. Each of the three Outcomes is assessed by a written assignment of approximately 1,500 words each.

## **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**

Describe the character of effective supervision

#### **Knowledge and/or Skills**

- ◆ Nature and purpose of counselling supervision
- ◆ Values, Principles and Personal Moral Qualities required for counselling supervision

#### **Evidence Requirements**

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

- ◆ explain the nature and purpose of counselling supervision
- ◆ describe the values, principles and personal moral qualities as they relate to counselling supervision and competent practice

#### **Assessment Guidelines**

Evidence should be generated through a written assignment of approximately 1,500 words.

## **Higher National Unit specification: statement of standards (cont)**

**Unit title:** Counselling Supervision

### **Outcome 2**

Analyse Ethical Issues in Counselling Supervision

#### **Knowledge and/or Skills**

- ◆ Codes of Practice
- ◆ Codes of ethics
- ◆ Relevant Legislation
- ◆ Boundaries and responsibilities

#### **Evidence Requirements**

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

- ◆ relate ethical issues to relevant codes of practice and legislation
- ◆ analyse ethical issues in a counselling supervision context

#### **Assessment Guidelines**

Evidence from this Outcome could be generated through a written or recorded oral assignment of approximately 1,500 words.

### **Outcome 3**

Evaluate different theoretical models and approaches to counselling supervision

#### **Knowledge and/or Skills**

- ◆ Theoretical models of counselling supervision
- ◆ Approaches to counselling supervision
- ◆ Supervision, personal therapy, continuous professional development
- ◆ Organisation context

#### **Evidence Requirements**

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

- ◆ compare two theoretical models of counselling supervision
- ◆ evaluate the impact of one approach on the supervisory relationship

#### **Assessment Guidelines**

Evidence for this Outcome could be generated through an essay of approximately 1,500 words.

## Administrative Information

**Unit code:** F1EJ 35  
**Unit title:** Counselling Supervision  
**Superclass category:** PM  
**Original date of publication:** April 2007  
**Version:** 01

### History of changes:

Version	Description of change	Date

**Source:** SQA

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## **Higher National Unit specification: support notes**

### **Unit title:** Counselling Supervision

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 build up a knowledge and understanding of counselling supervision. In order to achieve the Outcomes as stated this Unit requires that the student 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 exercise. This Unit should be integrated with other counselling Units comprising of counselling skills and the associated theory Units and is intended for those preparing to work or already working in this field.

### **Guidance on the delivery and assessment of this Unit**

#### **Outcomes 1–3**

#### **Aims and Objectives of Supervision**

Supervisees: Trainees, inexperienced, anxious, defensive, resistant, experienced, challenging, competitive, consulting, client focused, issue-focused.

Personal Limitations

Congruence with Counselling model

Modes: One-to-one, peer, group

Contracts

Ethical practice

Interventions: Prescriptive, informative, confronting, cathartic, catalytic, supportive

#### **References**

CARROL, M (1996)  
*Counselling Supervision: Theory, Practice, Skills*  
Cassell  
ISBN 0-304-32938-X

DRYDEN, W & THORNE, B(1991)  
*Training & Supervision for Counselling in Action*  
Sage.  
ISBN 0-8039-8336-0

## Higher National Unit specification: support notes (cont)

### Unit title: Counselling Supervision

FELTHAM, C & DRYDEN, W (1994)

*Developing Counsellor Supervision*

Sage

ISBN 0-8039-8939—3

HAWKINS, P and SHOHET, R (1989)

*Supervision in The Helping Professions*

Buckingham: OUP

JACOBS, MED (1996)

*In Search of Supervision*

OUP

ISBN 0-335-19258-0

PAGE, S & WOSKET, V (1994)

*Supervising the Counsellor: A Cyclical Model*

Routledge

ISBN 0-415-10212-X

MEARNS, D

*Person Centred Counselling Training*

Sage

ISBN 0-1619-5291-8

### *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**

While it may be possible to deliver this Unit via Open Learning careful consideration should be given by the centre to ensure candidates are not disadvantaged by a lack of participation in group based activities.

### **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](http://www.sqa.org.uk)).

## **General information for candidates**

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On completion of the Unit you will be able to:

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- ◆ Analyse ethical issues in counselling supervision
- ◆ Evaluate different theoretical models and approaches to counselling supervision

You will be assessed in this Unit by three written or recorded oral assessments, one for each Outcome, each of approximately 1,500 words.