



Higher National Unit specification

General information for centres

Unit title: Counselling: Relationship-Centred Counselling Skills: Stage 2 of the Three-Stage Integrative Model

Unit code: F1ES 34

Unit purpose: This Unit is designed to enable the candidate to develop the skills and knowledge required to apply Stage 2 of the Three-stage Counselling Process. During delivery for this unit, there will be regular opportunity for practice observation, feedback, discussion and review. The unit is underpinned by the British Association of Counselling and Psychotherapy (BACP) Ethical Framework for Good Practice in Counselling.

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

- 1 Explain the Skills within Stage 2 of the Counselling Process.
- 2 Demonstrate Stage 2 Skills with a Range of Clients.
- 3 Evaluate and Reflect upon Personal Learning and Development within Stage 2.

Credit points and level: 1 HN credit at SCQF level 7: (8 SCQF credit points at SCQF level 7*)

**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 the Unit is at the discretion of the centre, however candidates should have well developed communication skills. Candidates should also have completed Unit *Counselling: Relationship-centred Counselling Skills: Stage 1 of the Three-Stage Integrative Model* prior to this Unit.

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 part of the Group Award HNC 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. Outcome 1 is assessed by a written assignment consisting of extended response questions. Outcome 2 is assessed by observation of practice which could be in the form of role-play and Outcome 3 by Reflective Accounts.

Higher National Unit specification: statement of standards

Unit title: Counselling: Relationship-Centred Counselling Skills: Stage 2 of the Three-Stage Integrative Model

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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

Explain the Skills within Stage 2 of the Counselling Process

Knowledge and/or Skills

- ◆ Advanced empathy
- ◆ Challenging skills in counselling
- ◆ Immediacy
- ◆ Self-disclosure

Evidence Requirements

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

- ◆ explain advanced empathy and its appropriate application
- ◆ describe three challenging skills and their appropriate application
- ◆ explain immediacy and its appropriate application
- ◆ explain self-disclosure in counselling and appropriate application

Assessment Guidelines

Evidence could be generated through an assignment consisting of extended response questions.

Higher National Unit specification: statement of standards (cont)

Unit title: Counselling: Relationship-Centred Counselling Skills: Stage 2 of the Three-Stage Integrative Model

Outcome 2

Demonstrate Stage 2 Skills with a Range of Clients

Knowledge and/or Skills

- ◆ Range of clients: reluctant, open, distressed, confused, angry, anxious
- ◆ Self-disclosure in therapeutic interaction
- ◆ Counsellor / client relationship

Evidence Requirements

Candidates will need evidence to cover the specified Knowledge and/or Skills by showing that they can:

- ◆ manage the relationship between counsellor and client
- ◆ demonstrate Stage 2 skills in client/counsellor relationships involving three types of client
- ◆ justify the skills employed

Assessment Guidelines

Evidence could be generated by observation of candidate in role of counsellor and recorded using an observation checklist.

Outcome 3

Evaluate and Reflect upon Personal Learning and Development within Stage 2

Knowledge and/or Skills

- ◆ Self awareness and personal growth
- ◆ Increased awareness of relationships
- ◆ Reflection

Evidence Requirements

Candidates will need evidence to cover the specified Knowledge and/or Skills by showing that they can:

- ◆ describe knowledge/skills gained
- ◆ describe the impact on relationships
- ◆ describe insights into relationships
- ◆ critically evaluate their own development

Assessment Guidelines

Evidence could be generated by a written and or oral reflective account to show that the candidate can demonstrate development and personal learning.

Administrative Information

Unit code:	F1ES 34
Unit title:	Counselling: Relationship-Centred Counselling Skills: Stage 2 of the Three-Stage Integrative Model
Superclass category:	PM
Original date of publication:	April 2007
Version:	02

History of changes:

Version	Description of change	Date
02	Unit purpose updated to include the BACP statement	10/03/2017

Source: SQA

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Higher National Unit specification: support notes

Unit title: Counselling: Relationship-Centred Counselling Skills: Stage 2 of the Three-Stage Integrative Model

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 relationship-centred counselling. 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 exercises. 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.

This Unit builds upon the Skills and Knowledge developed in the Unit *Counselling: Relationship-centred Counselling Skills: Stage 1 of the Three-Stage Integrative Model*.

Guidance on the delivery and assessment of this Unit

Outcome 1

Outcome 1 explains the Stage 2 skills within the counselling process

(a) Advanced empathy

Implied meanings and feelings of clients.

(b) Challenging Skills

Offering alternative frameworks, correcting misinformation, highlighting distortions, projections and self defeating attitudes, encouraging client strengths.

(c) Immediacy

Conscious and unconscious interaction, the distortion of the unconscious dynamic via transference and/or counter-transference should be discussed here. Also to be covered in this Outcome are the 'Parallel process' within the counselling sessions which echoes the feelings of the client eg blocked, 'confused' and 'projective identification' ie when the counsellor is left 'holding' something which originates in the client.

Higher National Unit specification: support notes (cont)

Unit title: Counselling: Relationship-Centred Counselling Skills: Stage 2 of the Three-Stage Integrative Model

Outcome 2

Outcome 2 involves counselling a range of clients using Stage 2 skills. It is implicit that candidates will employ Stage 1 Skills in building the relationship with a client. Safety of students is paramount so it is important to stress that simulation/role-play is acceptable here. The following should be covered:

- (a) Range of clients will include (this list is not exhaustive):
Reluctant, open, distressed, confused, angry, anxious
- (b) Self disclosure
Appropriate use of self disclosure if helpful for client.
- (c) Triad: Candidate in role of counsellor, role of client and observer to provide feedback at the end of the activity.

Outcome 3

Outcome 3 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:

Relationships: friends, family and course members.

Key texts:

Cully. S (1991)
Integrative Counselling Skills in Action
Sage Publications
ISBN 0-8039-8277-1

Egan. G (1998)
The Skilled Helper — Sixth Edition
Brookes-Cole
ISBN 0-534-34-948-X

Hill. CE, O'Brien. K (1999)
Helping Skills
American Psychological Association
ISBN 1-55798-572

McLeod J (1998)
An Introduction to Counselling — Second Edition
Open University Press
ISBN 0-335-19709-4

Higher National Unit specification: support notes (cont)

Unit title: Counselling: Relationship-Centred Counselling Skills: Stage 2 of the Three-Stage Integrative Model

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 experiential and participatory nature of the content of this Unit, it is not appropriate for open learning.

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: Relationship-Centred Counselling Skills: Stage 2 of the Three-Stage Integrative Model

This Unit is designed to allow you to develop the specialist skills and knowledge required to apply Stage 2 of the three-stage Counselling Process — skills for understanding/insight.

On completion of the Unit you should be able to:

- ◆ explain the Stage 2 skills within the counselling process
- ◆ counsel a range of clients using Stage 2 skills
- ◆ demonstrate personal learning

You will be assessed in this Unit by a written assignment consisting of extended response questions for Outcome 1. Outcome 2 is assessed by a practical activity which could be in the form of role-play and Outcome 3 by Reflective Accounts.