

Higher National Unit specification

General information for centres

Unit title: Counselling: Understanding Addictive Behaviours

Unit code: F1EV 34

Unit purpose: This Unit is designed to provide the specialist knowledge required to understand the factors contributing to and the impact of substance abuse. 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 Identify and describe possible personal dependency addictions.
- 2 Explain theoretical models relating to addictive behaviour.
- 3 Describe current treatment approaches.
- 4 Demonstrate personal learning.

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 good communication skills.

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 an optional Unit within the Group Award HNC Counselling and can be taught and assessed within the subject area of the Group Award. It can also form PDA Addiction Counselling at SCQF level 8 if delivered with *Counselling: Working with Addictive Behaviours* and *Counselling: Understanding Substance Abuse* to complete the 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, 2 and 3 are assessed by extended response assignment, Outcome 4 by Reflective Account. There is an opportunity for the inclusion of all Outcomes within this assignment.

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

Identify and describe possible personal dependency addictions

Knowledge and/or Skills

- ◆ Chemical and substance addictions
- ◆ Behavioural addictions
- ◆ Personal dependencies

Evidence Requirements

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

- ◆ identify and describe substances that can result in addiction
- ◆ identify and describe behaviours that can become compulsive
- ◆ identify and describe possible personal dependencies

Assessment Guidelines

Evidence should be generated through an assignment consisting of restricted response questions.

Higher National Unit specification: statement of standards

Unit title: Counselling: Understanding Addictive Behaviours

Outcome 2

Explain theoretical models relating to addictive behaviour

Knowledge and/or Skills

- ◆ Disease model
- ◆ Physical dependency model
- ◆ Cognitive model
- ◆ Behavioural model

Evidence Requirements

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

- ◆ describe the main contentious models relating to addictive behaviour
- ◆ explain the basic assumptions within each of the four models
- ◆ discuss the possible impact of each on the individual

Assessment Guidelines

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

Outcome 3

Describe current treatment approaches

Knowledge and/or Skills

- ◆ Minnesota model
- ◆ Cycle of change
- ◆ Outcomes star
- ◆ Person Centred Therapy
- ◆ Egan's three stage approach to helping
- ◆ Cognitive Behavioural therapy

Evidence Requirements

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

- ◆ identify current approaches to treatment
- ◆ describe the therapeutic process involved within each approach
- ◆ discuss the possible impact of each approach on the individual

Assessment Guidelines

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

Higher National Unit specification: statement of standards (cont)

Unit title: Counselling: Understanding Addictive Behaviours

Outcome 4

Demonstrate personal learning

Knowledge and/or Skills

- ◆ Self awareness and personal growth
- ◆ Reflection on own beliefs, values and attitudes
- ◆ Increased awareness of relationships — friends, family, course members

Evidence Requirements

Candidates will need to provide evidence in the form of reflective accounts covering:

- ◆ knowledge/skills gained
- ◆ insights into behaviours and attitudes
- ◆ impact on future understanding

Assessment Guidelines

Reflective accounts covering each theory learned and detailing personal learning. This may be integrated into a course journal if one is being kept.

Administrative Information

Unit code:	F1EV 34
Unit title:	Counselling: Understanding Addictive Behaviours
Superclass category:	PP
Original date of publication:	April 2007
Version:	03

History of changes:

Version	Description of change	Date
03	One sentence added to Unit purpose	21/03/2017
02	Incremental change to ensure Unit refers to current theory.	11/04/2016

Source: SQA

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Higher National Unit specification: support notes

Unit title: Counselling: Understanding Addictive Behaviours

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 knowledge and understanding underpinning addiction 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 could be integrated with other counselling Units particularly *Working with Addiction* 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 the major addictive substances and behaviours that can lead to addiction.

- (a) Illegal; major drugs groups, other illegal substances.
- (b) Legal; prescribed medications, solvents, alcohol, cigarettes.
- (c) Behaviours; gambling, exercise, dieting, risk-taking.

Outcome 2

Outcome 2 introduces the theoretical models relating to addictive behaviour.

- (a) Disease (Medical) model; locus within individual, irreversible, loss of control, abstinence only solution.
- (b) Physical dependency model; avoidance of withdrawal
- (c) Cognitive model; Social Learning theory, Labelling theory.
- (d) Behavioural model; Classical conditioning, Operant conditioning, Positive reinforcement model.
 - ◆ Identify current approaches to treatment
 - ◆ Describe the therapeutic process involved within each approach
 - ◆ Discuss the possible impact of each approach on the individual

Higher National Unit specification: support notes (cont)

Unit title: Counselling: Understanding Addictive Behaviours

Outcome 3

- (a) Minnesota model; Based on Disease model, 12 step programme, staged approach, changed lifestyle, spiritual aspect.
- (b) Cycle of change; Prochaska and DiClemente, Pre-contemplation, contemplation, action, maintenance.
- (c) Outcomes star; Drug and alcohol star; 10 areas for support; 5 step model of change.
- (d) Egan's three stage approach to helping; Exploration, New Understanding, Action.
- (e) Cognitive behavioural therapy; Identification of motivations, challenge dysfunctional beliefs, change behaviour.

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:

Personal knowledge/skills gained, insights into behaviours, impact on future understanding, reflection on own beliefs, values and attitudes.

Key texts:

Hussein Rassool, G. (2008)
Alcohol and Drug Misuse: A Handbook for Students and Health Professionals
Routledge
ISBN 0-415-40-967-5

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
Brooks/Cole
ISBN 0-230-31-420-1

Higher National Unit specification: support notes (cont)

Unit title: Counselling: Understanding Addictive Behaviours

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 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.

Open learning

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

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: Understanding Addictive Behaviours

This Unit is designed to provide you with the specialised knowledge required to understand the factors contributing to and the impact of substance abuse. The Unit covers both chemical/substance addiction and behavioural addictions. It also provides the opportunity for you to reflect on your learning and the impact on yourself and your relationships.

On completion of this Unit you will be able to:

- ◆ Identify and describe possible addictions
- ◆ Explain theoretical models relating to addictive behaviour
- ◆ Describe current treatment models
- ◆ Demonstrate personal learning

You will be assessed in this Unit through a series of assignments (restricted response questions and extended response questions) for Outcomes 1, 2, 3 and 4 and also by a reflective journal for Outcome 4.