

Higher National Unit specification

General information for centres

Unit title: Counselling: Working with Addictive Behaviours

Unit code: F1EW 35

Unit purpose: This Unit is designed to provide the specialist knowledge and skills required to work with addictive behaviours. Candidates will have the opportunity to investigate the current provision of support for addiction, consider group counselling in relation to addictive behaviours, develop skills to negotiate with clients and finally to reflect on their own personal development. 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 Investigate current organisational services for addiction.
- 2 Analyse theory of group process in relation to facilitation of an holistic addiction group.
- 3 Demonstrate the negotiation of an addiction counselling assessment and contract.
- 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 the Unit is at the discretion of the centre, however candidates should 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 Award HNC/HND Counselling. It can be taught and assessed within the subject area of the Group Award but strongly recommended that candidates have already successfully completed the Unit *Counselling: Understanding Addiction*.

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 assessed by assignment, Outcome 3 by practical demonstration and Outcome 4 by reflective account.

Higher National Unit specification: statement of standards

Unit title: Counselling: Working with Addictive Behaviours

Unit code: F1EW 35

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

Investigate Current Organisational Services for Addiction

Knowledge and/or Skills

- ◆ Current provision of continuing care
- ◆ The role of addiction agencies
- ◆ The role of preventative agencies

Evidence Requirements

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

- ◆ identify current provision regarding continuing care
- ◆ investigate the roles of rehabilitation, support and preventative agencies
- ◆ compare and contrast the current approaches used by identified agencies in the treatment of addiction

Assessment Guidelines

Evidence could be generated through an extended response ~~written~~ assignment.

Higher National Unit specification: statement of standards (cont)

Unit title: Counselling: Working with Addictive Behaviours

Outcome 2

Analyse Theory of Group Process in relation to Facilitation of an Holistic Addiction Group

Knowledge and/or Skills

- ◆ Group stage theories applied to facilitating addiction group
- ◆ Potential challenges experienced within addiction groups
- ◆ Implications in relation to facilitation

Evidence Requirements

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

- ◆ identify relevant group stage theories
- ◆ discuss potential challenges experienced within addiction groups
- ◆ analyse impact in relation to facilitation

Assessment Guidelines

Evidence could be generated through an ~~written~~ assignment/case study.

Outcome 3

Demonstrate the Negotiation of an Addiction Counselling Assessment and Contract

Knowledge and/or Skills

- ◆ Initial assessment, recognising importance of empowerment for client regarding personal choices
Counselling Contracts
- ◆ Setting of boundaries
- ◆ Motivational interviewing
- ◆ Awareness of client's aims
- ◆ Awareness of client's challenges

Evidence Requirements

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

- ◆ Demonstrate assessment which empowers client's personal choices
- ◆ Demonstrate negotiation of a boundaried counselling contract using motivational interviewing techniques
- ◆ Facilitate awareness of empowerment within client regarding personal choices
- ◆ Demonstrate awareness of client's aims with the implementation of counselling skills
- ◆ Demonstrate awareness of client's challenges with the implementation of counselling skills

Assessment Guidelines

Evidence could be generated through observation of the candidate undertaking a practical session of 30 minutes in length. This could be by role-play.

Higher National Unit specification: statement of standards (cont)

Unit title: Counselling: Working with 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 demonstrate evidence of their Knowledge and 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

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:	F1EW 35
Unit title:	Counselling: Working with Addictive Behaviours
Superclass category:	PP
Original date of publication:	April 2016
Version:	03

History of changes:

Version	Description of change	Date
03	Additional sentence added to unit purpose	23/03/2017
02	Incremental change to reflect current theory and terminology. Outcome 2 - Clarification of type of addiction group (holistic) Outcome 3 - Clarification as 'client assessment' forms part of the negotiated client contract.	12/04/2016

Source: SQA

© Scottish Qualifications Authority 2007, 2016, 2017

This publication may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

SQA acknowledges the valuable contribution that Scotland's colleges have made to the development of Higher National qualifications.

Additional copies of this Unit specification can be purchased from the Scottish Qualifications Authority. Please contact the Customer Contact Centre for further details, telephone 0845 279 1000.

Higher National Unit specification: support notes

Unit title: Counselling: Working with 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 consolidate and apply 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 *Counselling: Understanding 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 investigates the current organisational services for addiction.

- (a) Current provision: Residential care, therapeutic communities, Minnesota method Units, Christian philosophy Units, Day centres, Residential detox centres, community and home based detox. Centres, NHS treatment units, self help groups.
- (b) Roles: Directive, non-directive, self-help, supportive, educational, medical.
- (c) Strengths and weakness of current approaches: control, assumptions, holistic, availability, funding, safety, confidentiality.

Outcome 2

Outcome 2 analyses theory of group process in relation to facilitation of an holistic addiction group.

- (a) Group stage theories: Tuckman, Yalom.
- (b) Potential challenges: Non-attendance, detraction, punctuality, self-focus, personal insight, unrealistic expectations
- (c) Facilitation: agreeing boundaries, maintaining boundaries, impact of current stage, ability to challenge, reflection, supervision, ethics, core conditions.
 - ◆ Recognition of importance of empowerment within client regarding personal choices
 - ◆ Setting of boundaries
 - ◆ Awareness of client's aims
 - ◆ Awareness of client's challenges

Higher National Unit specification: support notes (cont)

Unit title: Counselling: Working with Addictive Behaviours

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 should be covered:

- (a) Relevant counselling approaches: CBT, Behavioural, Person-centred, NLP, Motivational interviewing, Gestalt, TA, Psychodynamic
- (b) Initial assessment: Client's aims, client's personal choices, client's empowerment
- (c) Negotiation of boundary issues: timing, attendance, orientation, ethics, supervision, purpose, cost, confidentiality, setting.

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 habits.

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

Higher National Unit specification: support notes (cont)

Unit title: Counselling: Working with Addictive Behaviours

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 Addictive Behaviours

This Unit is designed to provide you with the specialist knowledge and skills required to work with addictive behaviours. You will have the opportunity to investigate the current provision of support for addiction, consider group counselling in relation to addictive behaviours, develop skills to negotiate with clients and finally to reflect on your own personal development.

On completion of this Unit you will be able to:

- ◆ Investigate current organisational services for addiction
- ◆ Analyse theory of group process in relation to facilitation of an holistic addiction group
- ◆ Demonstrate the negotiation of an addiction counselling assessment and contract
- ◆ Demonstrate personal learning

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