

Counselling Children and Young People (10 to 18):

Safe and Competent Practice

SCQF 11

**Readiness to Practise**

**Guidance on Assessment**

Before commencing therapeutic work with children and young clients, as a professional requirement, all trainees must be assessed in respect of competency, safety and self-awareness. This assessment is based on Dave Mearns’ model and should involve a significant element of personal reflection, peer feedback, tutor guidance and evidence of competency in relation to working with children and young people.

Trainees will present a 15 minute 'readiness to practise' declaration evaluating the following criteria followed by feedback from the group which will include a summary from the teaching team.

The Readiness to Practise assessment includes the following aspects:

1. Demonstrate self-awareness, maturity and stability before engaging in therapeutic work with children and young clients
2. Ability to make use of and reflect upon life experience
3. Capacity to cope with the emotional demands of the course
4. Ability to cope with the intellectual and academic requirement
5. Ability to form a helping relationship with children and young clients
6. Capacity to end a therapeutic relationship with children and young clients
7. Ability to adapt and apply psychological theory in relation to working with children and young clients
8. Ability to be self-critical and use both positive and negative feedback
9. Awareness of the significance of developmental stages when working with children and young clients
10. Awareness of the nature of prejudice and oppression
11. Awareness of issues of difference and equality
12. Awareness of signs of abuse or neglect
13. Awareness of challenges in relation to pharmacology when supporting children and young clients
14. Ability to recognise the need for personal and professional support
15. Competence in, or the aptitude to develop counselling skill set to allow children and young clients to safely explore and express emotions
16. Competence in, or the aptitude to develop generic professional skills including:
    1. literacy
    2. numeracy
    3. information technology
    4. administrative skills
    5. self-management skills
    6. communication
    7. interpersonal skills