

## SFHFMH14

Enable an individual to differentiate between positive and negative behaviours and understand the consequences



---

### Overview

This standard covers the broad therapeutic support that individuals can receive from learning about the way in which thoughts and feelings interact and shape behaviour. This is distinct from, and less intense than; specific psychological therapies which may be part of an individual's care plan, but must be consistent with the broad therapeutic approach and aims. It should be the subject of discussion within the multidisciplinary team through the Care Programme Approach to contribute to clear and consistent management of an individual's difficulties.

Users of this standard will need to ensure that practice reflects up to date information and policies.

## SFHFMH14

Enable an individual to differentiate between positive and negative behaviours and understand the consequences

---

### Performance criteria

*You must be able to:*

- P1 encourage the individual to talk about events and situations they find difficult
- P2 help the individual to:
  - P2.1 distinguish thoughts and feelings about the events and situations
  - P2.2 formulate how thoughts and feelings may be influencing their behaviour
  - P2.3 identify and understand the consequences of their behaviour on themselves and others
- P3 offer alternative ways of thinking about events and situations and strategies for dealing with them
- P4 work out with the individual how they will think through future events and situations and react to them (eg techniques for organising their thinking)
- P5 ask the individual to describe how their thoughts and feelings are changing and the benefits of these changes
- P6 reinforce the positive changes in a individual's behaviour and their attempts to articulate their thoughts and feelings
- P7 evaluate and adapt the approach for its impact on the individual's behaviour and your ability to work with them
- P8 maintain a dialogue between all those working on psychological issues with the same individual and their family
- P9 take into account other psychological therapies and treatments in order to avoid conflicts

## SFHFMH14

Enable an individual to differentiate between positive and negative behaviours and understand the consequences

---

### Knowledge and understanding

*You need to know and understand:*

- K1 mental health disorders
- K2 Learning Disability
- K3 psychopathy and Personality Disorders
- K4 self-harming behaviours, including ligation
- K5 the whole range of different challenging behaviours (e.g. offending behaviours, especially violent behaviour not related to mental illness) and the impact on the individual and others
- K6 substance misuse
- K7 the range of treatments available at your own establishment (e.g. anger management, managing offending behaviour, psycho education, family therapy)
- K8 the effectiveness of different treatments, singly and in combination
- K9 theoretical underpinning of psychological therapies used in your establishment (e.g. Cognitive Behaviour Therapy and other psychotherapeutic methods)
- K10 strategies individuals can use to cope with events and situations
- K11 inquiry reports on forensic mental health settings, including recommendations and analysis of practice in the treatment of individuals
- K12 communication skills, including questioning, discussion and conversation
- K13 psychology applied to the relevant group (e.g. perception and its application to a patient group)
- K14 professional boundaries to be maintained
- K15 the religious beliefs of different cultures
- K16 the effects of culture and religious beliefs on individual communication styles
- K17 the different features services must have to meet people's gender, culture, language or other needs
- K18 the effects of different cultures and religions on care management
- K19 the principle of confidentiality and what information may be given to whom
- K20 audit and information that can be obtained from it
- K21 how information obtained from individuals should be recorded and stored

## SFHFMH14

Enable an individual to differentiate between positive and negative behaviours and understand the consequences

---

### Additional Information

#### External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB4 Enablement to address health and wellbeing needs

## SFHFMH14

Enable an individual to differentiate between positive and negative behaviours and understand the consequences

---

Developed by	Skills for Health
Version number	1
Date approved	June 2010
Indicative review date	June 2012
Validity	Current
Status	Original
Originating organisation	Skills for Health
Original URN	FMH14
Relevant occupations	Health and Social Care; Healthcare and Related Personal Services
Suite	Forensic Mental Health
Key words	forensic mental health psychosocial engagement