

## SFHMH98

# Prepare, discuss and agree a plan for counselling therapy



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### Overview

This standard is about accessing and interpreting research evidence and organisation policies about appropriate and effective treatments for particular presentations of personal difficulties. You will be expected to provide information to clients about the recommended counselling and to explain how it may be helpful. You must ensure the client is given the opportunity to choose a different counsellor if your therapeutic perspective does not have an evidence base for their presenting problem. In such circumstances you are expected to facilitate and support the referral of the client. This standard requires that you keep up to date about recommendations for evidence-based practice. You must also be able to make an informed decision about the number of sessions required to treat the client if you have decided that counselling is appropriate. You will need to understand about brief counselling and about an open-ended contract and when each is deemed to be appropriate.

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

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### Performance criteria

*You must be able to:*

- P1 access and interpret research evidence and organisational guidance about appropriate and effective treatments for particular presentations of personal difficulties
- P2 provide information to clients about the recommended types of counselling for their particular presentation
- P3 explain to the client how your theoretical perspective of counselling practice may help and if others may be helpful too
- P4 ensure that the client is given the opportunity to choose a different counsellor if your therapeutic perspective does not have an evidence base for their particular presenting problem
- P5 facilitate and support the referral of the client if appropriate
- P6 keep yourself well-informed and up-to-date about recommendations for evidence-based practice
- P7 analyse and make a clear statement about the nature of the client's core problem
- P8 make an informed decision about the model or mode of counselling that would be most appropriate to help them
- P9 make an informed decision about the number of sessions required in the chosen theoretical approach to treat the problem effectively
- P10 make an informed decision about whether brief counselling would be appropriate if that is what your service offers
- P11 explain to clients the limits of the service provision available and the implications and limitations for working with their particular presentation
- P12 provide clear information to the client about the amount of counselling available
- P13 explain the process of reviewing therapy at various stages if an open-ended contract is deemed to be appropriate
- P14 provide clear information to clients about any costs related to the proposed counselling
- P15 provide clear information to clients about how the ending will be negotiated

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### Knowledge and understanding

*You need to know and understand:*

- K1 the types of counselling appropriate for particular presentations of personal difficulties and the client group you work with (i.e. children, young people, adults, older people and other specialist and targeted services)
- K2 up-to-date research and guidance on evidence-based practice
- K3 the change process inherent in your consistent in-depth theoretical perspective
- K4 a range of counselling theoretical perspectives and modes of delivery in sufficient detail to facilitate explanation to clients
- K5 evidence-based policies relevant to your organisation and client group
- K6 referral systems and protocols
- K7 relevant NICE Guidelines
- K8 assessment appropriate to your chosen theoretical approach(es) and an awareness of others
- K9 how to make a therapeutic contract with the client
- K10 formulation appropriate to your chosen theoretical approach(es) and an awareness of others
- K11 psychopathology appropriate to your chosen theoretical approach(es) and an awareness of others
- K12 attachment theory appropriate to your chosen theoretical approach(es) and an awareness of others
- K13 where to find and how to understand and use critical evidence-based practice to inform best practice with your specific client group
- K14 research evidence relating to presenting problems of clients
- K15 relevant legal, national, ethical and organisational requirements, policies and codes of practice
- K16 relevant ways of client payment including the concept of donation where appropriate
- K17 local policy on service provision
- K18 local services available
- K19 referral procedures

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### Additional Information

#### Externals Links

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

Dimension: HWB6 Assessment and treatment planning.

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**Relevant occupations** Health, Public Services and Care; Health and Social Care; Child Development and Well Being; Associate Professionals and Technical Occupations; Education and training; Preparation for life and work; Health and Social Services Officers; Health Associate Professionals; Therapists; Social Welfare Associate Professionals; Healthcare and Related Personal Services; Childcare and Related Personal Services

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**Suite** Mental Health

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**Key words** prepare, discuss, agree, plan, counselling, therapy

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