

SFHPT37

Explore the possibility of humanistic therapy with the client



Overview

This standard is about working collaboratively and relationally with the client to explore the suitability of humanistic therapy in relation to their needs. The therapist works with the client pre-clinically to explore whether the therapy can be helpful for them. The shape of therapy tends to emerge spontaneously. There is, however, an initial process in which the therapist reflects on the manifestations of the client's needs in order to decide whether there is a reasonable likelihood of developing a therapeutic process and relationship.

This standard describes therapeutic practice adopted successfully in mental health and wellbeing interventions for adults, based on the philosophical tenets of the humanistic tradition and incorporating a range of approaches from a humanistic value base (see reference in the additional information section on page 6). To apply this standard, practitioners also need to take account of the multiple problems and complex co-morbidities that individual clients may bring to therapy.

Users of this standard will need to ensure that they are receiving supervision and that their practice reflects up to date information and policies. This standard should be understood in the context of the Digest of National Occupational Standards for Psychological Therapies.

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Performance criteria

You must be able to:

- P1 explore with the client how they came to seek therapy
- P2 facilitate the client's exploration of their motivation for, and commitment to, therapy
- P3 be mindful of the power differential and actively communicate that the client is an equal participant in their therapy
- P4 accommodate the client's patterns of communication and ways of relating
- P5 reflect on your ways of working and limits of competence as a therapist and accommodate this in your exploration with the client about the possibility of establishing a therapeutic relationship
- P6 articulate what a therapeutic process and relationship might offer the client
- P7 communicate to the client your role in the therapeutic process
- P8 explore the client's needs, expectations and views of therapy and a therapist and views of possible outcomes
- P9 agree with the client what the boundaries of disclosure and confidentiality would be in therapy
- P10 consider the possible limitations of setting and resources that may apply to the therapy
- P11 be sensitive to and accommodate the client's responses to the relationship that you are offering as a therapist
- P12 know when and how to explore referral to other practitioners:
 - P12.1 if you cannot offer the required therapy
 - P12.2 if you or the client is unable to engage in the therapeutic relationship
 - P12.3 if other forms of therapy may be preferable to the client
- P13 where there is a service provider, manage the tension between the therapy that you consider should be offered and the service provider's constraints
- P14 ensure that the client freely enters therapy on an informed and voluntary basis

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Knowledge and understanding

You need to know and understand:

Assessment

K1 how to use a range of assessment tools within a humanistic tradition

Conditions for therapeutic change

You need to know and understand:

K2 the rationale for responding empathically to the client and being warm, open, non-judgmental, genuine and transparent

K3 how to employ the specific methodology, key concepts and relevant components of the model being used

K4 how to maintain therapeutic conditions

K5 the psychological conditions that make change more likely

Risk

You need to know and understand:

K6 the assessment of risks to the client in a range of settings and the risks they pose to themselves and others

K7 the assessment of the client's capacity to engage in humanistic therapy in the context of assessment of risk

K8 current legislation and local guidelines and procedures about vulnerable adult safeguarding

Relational processes in the immediate therapeutic relationship

You need to know and understand:

K9 how the client's explicit, manifest communications may contain an implicit, latent meaning

K10 ways in which aspects of past events can be re-experienced in the present

The actualising tendency

You need to know and understand:

K11 the role of actualisation in human growth and health

K12 the ways in which internal processes out of the client's awareness can undermine, distort or block the actualising tendency

K13 how the actualising tendency is expressed in the practice of humanistic therapy

K14 the concept of symptoms as a signal for integrating experience and growth

K15 the concept of symptoms as indicators of the actualisation process

Principles of humanistic therapy

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You need to know and understand:

- K16 philosophy and principles that inform humanistic therapy
- K17 humanistic theories of therapeutic process
- K18 approaches to psychological therapy that have grown out of the humanistic psychology movement
- K19 experiential methods of learning
- K20 non-humanistic approaches that influence humanistic therapy

Mental health and wellbeing

You need to know and understand:

- K21 the range and severity of mental health difficulties and their presentation
- K22 factors associated with the emergence, development and maintenance of mental health difficulties
- K23 humanistic models of mental distress
- K24 the ways in which mental health difficulties can impact on personal and interpersonal functioning
- K25 models of a fully functioning individual
- K26 the therapist's role within mental health policy
- K27 current mental health policy and legislation at local, regional and national level

Human growth and development and the origins of psychological difficulties

You need to know and understand:

- K28 models of change, health and wellbeing
- K29 the impact of conflicts within the individual
- K30 the impact of social context on psychological growth and development
- K31 the role that emotional experiencing has in an individual's awareness of how an action contributes to growth
- K32 the role of relationship in the development of self-experience
- K33 the mechanisms and effects of internal processes out of the client's awareness in the development of self-experience
- K34 the role of internal processes out of the client's awareness in difficulties in self-experience
- K35 how thinking, feeling and behaviour are determined by an individual's subjective reality
- K36 the impact on psychological development of empathic attunement and acceptance and the extent of its absence during the formative years
- K37 the mechanism and effects of internalisation of the values, beliefs and attitudes of others
- K38 the development and benefits of the capacity to reflect on inner processes and experiences
- K39 the development of the capacity to balance inner and outer realities
- K40 the multiple perspectives from which human experience can be viewed

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Additional Information

External links

This standard is derived from research reported in Roth A D, Hill A and Pilling S (2009) *The competences required to deliver effective Humanistic Psychological Therapies*. Centre for Outcomes Research & Effectiveness (CORE) University College London.

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

Dimension: To be confirmed

Planned Review Date: 2014

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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 PT37

Relevant occupations Health, Public Services and Care; Health and Social Care; Health Professionals; Healthcare and Related Personal Services

Suite Psychological Therapies

Key words Humanistic, therapy, mental health, psychological therapy, psychotherapy, counselling, therapeutic.