

SFHPT40

Maintain a space for exchange, learning and growth in humanistic therapy



Overview

This standard is about how the therapist can create the psychological conditions necessary to give the client opportunities to think and feel about themselves in a connected, grounded and holistic way that allows them to process their experiences and move forward from them. It is about enabling awareness, acceptance, discovering one's authenticity and autonomy.

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 4). 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 establish and maintain a psychological environment that is safe enough for you and the client to work creatively together and take the risks the client wishes to take
- P2 support the client who is at risk of being overwhelmed by feelings by maintaining a calm and containing presence
- P3 actively respond to the client and facilitate their capacity for self-exploration through your empathic communications and tentative understandings
- P4 work comfortably and creatively with silences in the therapeutic process
- P5 tolerate uncertainty and the unknown within the therapeutic process
- P6 work at the client's pace
- P7 engage with the therapeutic process as mutual learning and be willing to be changed through the therapeutic encounter
- P8 work openly and non-defensively with the client's experience of you
- P9 recognise and work with your personal vulnerability in relationship with the client
- P10 recognise and work with the relationship as a model of an experience on which you and the client can draw

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Knowledge and understanding

You need to know and understand:

Conditions for therapeutic change

- K1 the rationale for responding empathically to the client and being warm, open, non-judgmental, genuine and transparent
- K2 how to employ the specific methodology, key concepts and relevant components of the model being used
- K3 how to maintain therapeutic conditions
- K4 psychological conditions that make change more likely

Human growth and development and the origins of psychological difficulties

You need to know and understand:

- K5 models of change, health and wellbeing
- K6 the impact of conflicts within the individual
- K7 the impact of social context on psychological growth and development
- K8 the role that emotional experiencing has in an individual's awareness of how an action contributes to growth
- K9 the role of relationship in the development of self-experience
- K10 the mechanisms and effects of internal processes out of the client's awareness in the development of self-experience
- K11 the role of internal processes out of the client's awareness in difficulties in self-experience
- K12 how thinking, feeling and behaviour are determined by an individual's subjective reality
- K13 the impact on psychological development of empathic attunement and acceptance and the extent of its absence during the formative years
- K14 the mechanism and effects of internalisation of the values, beliefs and attitudes of others
- K15 the development and benefits of the capacity to reflect on inner processes and experiences
- K16 the development of the capacity to balance inner and outer realities
- K17 the multiple perspectives from which human experience can be viewed

Principles of humanistic therapy

You need to know and understand:

- K18 philosophy and principles that inform humanistic therapy
- K19 humanistic theories of therapeutic process
- K20 approaches to psychological therapy that have grown out of the humanistic psychology movement
- K21 experiential methods of learning
- K22 non-humanistic approaches that influence humanistic therapy

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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):

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