

SFHAI1

Counsel individuals about their substance use using recognised theoretical models



Overview

For this standard you need to counsel individuals with drug or alcohol problems. It is intended for those who provide counselling to individuals within an agreed framework, rather than offering advice and guidance on an ad hoc basis. The counsellor should pay particular regard to developing the counselling relationship in the earlier stages of counselling as the drug/alcohol user may have experienced a lack of positive regard, lack of empathy and a judgemental attitude from professionals in the past. Attention should also be given in this unit to activities that are not face to face work, but support the counselling process such as liaison, research and attending supervision.

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 create a counselling setting in which individuals feel comfortable enough to express their requirements
 - P2 explore individuals' expectations in order to agree methods of working
 - P3 explain the nature of the counselling service, including boundaries, constraints and what can be expected of the service
 - P4 encourage individuals to identify their requirements and work with any tension between their hopes, expectations and what the service can offer
 - P5 assess the appropriateness of starting the current counselling
 - P6 ensure that the counselling contract is realistic
 - P7 examine your own attitude towards drugs and alcohol, monitoring the impact that may have on the counselling process
 - P8 monitor your thoughts, feelings, and emotional reactions to clients so that you can correctly attribute them
 - P9 monitor and review the counselling process to ensure it remains of value
 - P10 use a consistent theoretical base informed by recognised theoretical models, adapting these where necessary
 - P11 confirm with the individual when the process is drawing to its conclusion
 - P12 explore with the individual the implications of other forms of treatment continuing beyond counselling
 - P13 comply with all relevant legislation, agency codes of practice, guidelines and ethical requirements
 - P14 enable individuals to express their concerns freely through positive regard, active listening and a non-judgemental attitude
 - P15 encourage individuals to identify and explore their needs
 - P16 reflect back, clarify and review with individuals your perception of their feelings
 - P17 assist the individual to prioritise their needs
 - P18 identify and agree needs that cannot be met and facilitate access to additional or alternative sources of support
 - P19 work with individuals on any tension between their hopes and expectations and the reality of resource limitations
 - P20 identify with the individual a suitable range of options to meet their needs
 - P21 ensure individuals understand the information provided
 - P22 outline the potential consequences, advantages and disadvantages of the options according to the individual's circumstances
 - P23 check individual's understanding of options and methods that may be used
 - P24 identify any potential problems with the chosen course of action
 - P25 confirm the course of action that is being taken and check for understanding and agreement with the individual
 - P26 record the course of action according to agency requirements

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- P27 explore and select methods with the individual that are most likely to be effective
- P28 agree with individuals the methods to be adopted
- P29 identify any requirements that cannot be met and establish alternative actions for dealing with them

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Knowledge and understanding

You need to know and understand:

- K1 legal and organisational requirements and policies requirements relevant to the functions being carried out
- K2 the limits and boundaries of your duties, responsibilities and power and why it is important to explain these to the individual
- K3 the principles around supervision and appraisal
- K4 the individual's rights and how these should inform and influence the formation of a relationship between you and the individual
- K5 the importance of encouraging individuals to express their perspectives, values and feelings
- K6 organisational and legal procedures and requirements regarding the recording, storage and passing on of information relating to individuals and work undertaken with them
- K7 professional codes of practice
- K8 the principles of active listening
- K9 the cycle of change model
- K10 all models explaining substance misuse
- K11 the principles of motivation and dependence
- K12 the underlying issues that may lead to substance misuse
- K13 a range of recognised theoretical models
- K14 possible support mechanisms for individual
- K15 the availability of substance misuse services in the local area
- K16 the characteristics of substance misuse services in the local area
- K17 agency codes of practice
- K18 knowledge of research, how and where to access it
- K19 how to analyse research
- K20 the range of different substances and their implications for the provision of services
- K21 national substance misuse policies and priorities
- K22 the range of substance misuse services offered by your organisation or other organisations
- K23 the specific needs of individuals who are substance users, and how to meet these needs
- K24 the range of behaviours that can be expected from substance users, and how to deal with these
- K25 the risks substance misuse may pose to individuals and how to minimise these risks
- K26 the risks substance misuse may pose to others, how to assess and minimise these risks
- K27 the substance misuse jargon/terminology, commonly used
- K28 the essentials around mental health, dual diagnosis and relevant services

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- K29 the continuum of substance use from recreational to problematic
- K30 the continuum of approaches to working with substance misuse from abstinence to harm reduction
- K31 cultural and religious issues that may impact when working with substance misuse
- K32 the rights of individuals with whom you come into contact

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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

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