Overview

For this standard you need to counsel groups of individuals about their substance use by planning, preparing and implementing relevant therapeutic group activities using recognised theoretical models. It is intended for those who provide counselling to individuals as part of group activities. Group activities may be substance use specific, such as relapse prevention techniques, or may be general, such as anger management or social skills training. There should be evidence of establishing and managing the counselling process with particular regard to the complexities that emerge when dealing with alcohol and drug related issues in a group setting.

Users of this standard will need to ensure that practice reflects up to date information and policies.
Counsel groups of individuals about their substance use using recognised theoretical models

Performance criteria

You must be able to:

P1 establish the purposes and goals of the therapeutic group activity
P2 involve individuals in the planning process at a level appropriate to their abilities and circumstances
P3 check individuals’ understanding of options and activities that may be used
P4 examine your own attitude towards drugs and alcohol, monitoring the impact that may have on the group
P5 be aware of your own limitations, knowledge base and skill level
P6 conduct planning using a consistent theoretical base informed by recognised theoretical models
P7 anticipate any potential constraints or opportunities in the group and incorporate these into the planning
P8 prepare materials that are relevant and appropriate to the individuals in the group
P9 establish criteria for evaluating the effectiveness of activities
P10 arrange the environment in a way that encourages the full participation of all the individuals in the group
P11 discuss expectations and agree objectives with group members
P12 explain the nature of therapeutic group work, including benefits, possible constraints and boundaries
P13 establish a group contract that defines confidentiality, is realistic and agreed by all group members
P14 demonstrate positive regard, empathy and a non-judgmental attitude to all individuals in the group and encourage a shared responsibility in this
P15 use a consistent theoretical base informed by recognised theoretical models
P16 give individuals sufficient information and guidance, at an appropriate level and pace to maximise their involvement
P17 provide a suitable variety of therapeutic group activities to maximise involvement
P18 give and facilitate constructive feedback in a manner, level and pace that enhances individuals’ learning and development in the group
P19 manage disruption in a way that is constructive, inclusive and in keeping with agreed boundaries
P20 monitor your thoughts, feelings and emotional reactions to the group and individuals in the group so that you can correctly attribute them
P21 monitor and review the group processes and activities to ensure they remain of value to all individuals in the group
P22 ensure records of activities, agreements, contracts are accurate, legible, complete, up to date and secure
P23 comply with all relevant legislation, agency codes of practice, guidelines,
SFHAI3
Counsel groups of individuals about their substance use using recognised theoretical models

- professional and ethical requirements
- P24 encourage and support individuals to give feedback on the therapeutic group activity
- P25 review the outcomes of the group activities
- P26 modify your plan where feedback indicates that the planned activity is inappropriate
- P27 review the effectiveness of learning and development methods and identify alternative approaches where necessary
- P28 use feedback to identify when the process is drawing to its conclusion
Counsel groups of individuals about their substance use using recognised theoretical models

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 individual's rights and how these should inform and influence the formation of a relationship between you and the individual
K4 organisational and legal procedures and requirements regarding the recording, storage and passing on of information relating to individuals and work undertaken with them
K5 professional codes of practice
K6 agency codes of practice
K7 definition and boundaries of confidentiality
K8 the principles of active listening
K9 the cycle of change model
K10 all models explaining substance misuse
K11 the principles of motivation
K12 a range of recognised theoretical models
K13 awareness of cross-cultural approaches
K14 why it is important to encourage individuals to express their perspectives, values and feelings
K15 appropriate use of counselling supervision
K16 the essentials of group dynamics
K17 how to put participants at ease
K18 the principles of good feedback in groups
K19 the availability of substance misuse services in the local area
K20 the characteristics of substance misuse services in the local area
K21 knowledge of research, how and where to access it
K22 how to analyse research
K23 the range of different substances and their implications for the provision of services
K24 national substance misuse policies and priorities
K25 the range of substance misuse services offered by your organisation or other organisations
K26 the specific needs of individuals who are substance users, and how to meet these needs
K27 the range of behaviours that can be expected from substance users, and how to deal with these
K28 the risks substance misuse may pose to individuals and how to minimise these risks
K29 the risks substance misuse may pose to others, how to assess and minimise these risks
Counsel groups of individuals about their substance use using recognised theoretical models

- K30  the substance misuse jargon/terminology, commonly used
- K31  the essentials of dual diagnosis
- K32  the continuum of substance use from recreational to problematic
- K33  the continuum of approaches to working with substance misuse from abstinence to harm reduction
- K34  the rights of individuals with whom you come into contact
SFHAI3
Counsel groups of individuals about their substance use using recognised theoretical models

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
Counsel groups of individuals about their substance use using recognised theoretical models

<table>
<thead>
<tr>
<th>Developed by</th>
<th>Skills for Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Version number</td>
<td>1</td>
</tr>
<tr>
<td>Date approved</td>
<td>June 2010</td>
</tr>
<tr>
<td>Indicative review date</td>
<td>June 2012</td>
</tr>
<tr>
<td>Validity</td>
<td>Current</td>
</tr>
<tr>
<td>Status</td>
<td>Original</td>
</tr>
<tr>
<td>Originating organisation</td>
<td>Skills for Health</td>
</tr>
<tr>
<td>Original URN</td>
<td>DAN AI3</td>
</tr>
<tr>
<td>Relevant occupations</td>
<td>Health, Public Services and Care; Health and Social Care; Managers and Senior Officials; Associate Professionals and Technical Oc; Health and Social Services Officers; Health Associate Professionals; Personal Service Occupations; Healthcare and Related Personal Services</td>
</tr>
<tr>
<td>Suite</td>
<td>Drugs and Alcohol</td>
</tr>
<tr>
<td>Key words</td>
<td>Drugs, Alcohol, Substance, Misuse, Abuse, Commissioning</td>
</tr>
</tbody>
</table>