



Australian Government

CHCFCS001 Facilitate the family counselling process

Release: 1

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Modification History

Release	Comments
Release 1	<p>This version was released in <i>CHC Community Services Training Package release 3.0</i> and meets the requirements of the 2012 Standards for Training Packages.</p> <p>Significant changes to the elements and performance criteria. New evidence requirements for assessment including volume and frequency requirements. Significant change to knowledge evidence. Minimum work hours added.</p> <p>Supersedes CHCFCS801B</p>

Application

This unit describes the skills and knowledge required to determine and apply appropriate therapeutic approaches through the application of the counselling process.

This unit applies to family relationship counsellors who operate with significant autonomy in therapeutic professional service roles in the community sector. The activity is self-directed.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand Standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Assess presenting problems and problematic family relationships

1.1 Identify the problems from each person's perspective and understand the significance each person gives to them

1.2 Identify family relationship patterns and themes and articulate these accurately and empathically

1.3 Assess onset of presenting problems and relationship difficulties

1.4 Identify individual behaviours and communication transactions that contribute to conflict

ELEMENT**PERFORMANCE CRITERIA**

	<p>1.5 Develop theoretically sound hypotheses to explain the presenting problems</p> <p>1.6 Identify situations beyond scope of own practice and make referrals</p>
<p>2. Develop counselling agenda and case plan</p>	<p>2.1 Determine the counselling approach best suited to client needs</p> <p>2.2 Work with the client to develop and document a case plan that articulates the proposed interventions to reach agreed objectives</p> <p>2.3 Develop systemic interventions that help clients and their relational systems</p> <p>2.4 Complete case documentation according to practice setting policies, professional standards and legislative obligations</p>
<p>3. Implement counselling interventions</p>	<p>3.1 Use hypotheses to generate relevant questions</p> <p>3.2 Build positive respectful working alliances with and between presenting family members</p> <p>3.3 Monitor the strength of alliances within the family group and use established strategies for repairing strained alliances</p> <p>3.4 Track positive and negative behavioural sequences within the family dynamic to increase family members' understanding and control of interactions</p> <p>3.5 Explore behaviours, meaning and relationships using circular questioning to develop shared understanding</p> <p>3.6 Devise behavioural change strategies acceptable to family members</p> <p>3.7 Monitor client motivation and use motivational interviewing techniques to increase motivation for change</p>
<p>4. Review and adapt interventions</p>	<p>4.1 Monitor interventions for cultural and contextual relevance, and congruence with counselling goals</p> <p>4.2 Maintain awareness of own values and personal issues, prejudices and attitudes and behaviour for their</p>

ELEMENT**PERFORMANCE CRITERIA**

potential influence on counselling practice

4.3 Regularly assess the effectiveness of interventions using peer support processes and reflection and use learnings to inform future practice

4.4 Make appropriate referrals of clients that one cannot work with appropriately or effectively

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=5e0c25cc-3d9d-4b43-80d3-bd22cc4f1e53>