



**Australian Government**

# **CHCFCS002 Provide relationship counselling**

**Release: 1**

## CHCFCS002 Provide relationship counselling

### 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 CHCFCS802B</p>

### Application

This unit describes the skills and knowledge required to assess for safety risks, establish professional relationships, determine presenting problems and direct therapeutic counselling processes with couples experiencing complex relationship issues.

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 for safety risks in couple relationships

1.1 Assess for domestic and family violence issues using established screening tools

1.2 Take action to address any issues of safety according to organisation policy and legislative requirements

1.3 Refer individuals to support services to manage issues of safety or risk according to individual needs

1.4 Document issues of concern or potential risk according to policy and relevant legislation

1.5 Assess whether there is a safe enough environment

**ELEMENT****PERFORMANCE CRITERIA**

	where violence exists to offer couple counselling
	1.6 Create safe environment for couples to maximise opportunities within the counselling session
2. Establish professional relationship with each individual	2.1 Engage each individual using appropriate techniques and strategies
	2.2 Remain impartial in the professional counselling relationship with couples
	2.3 Explore and outline ethical boundaries and expectations of the professional counselling relationship
	2.4 Identify and manage problematic issues of the professional relationship with couples
	2.5 Take appropriate steps to prevent the development of problematic relationship issues between the counsellor and individuals within the couple
	2.6 Monitor and respond appropriately to the physical and emotional reactions of each individual to the counselling process
3. Identify and explore presenting problems	3.1 Encourage individuals to describe the presenting problems and explore their understanding of why the problem exists
	3.2 Encourage couples to become aware of and discuss the problem in relation to associated behaviours or situations
	3.3 Elicit the couple's understandings of attempts to previously manage the problem in the past
	3.4 Evaluate couple's perception of their relationship prior to the problem existing
	3.5 Reframe problems and recursive interaction
4. Direct the therapeutic process of couples counselling	4.1 Use questioning and counselling techniques effectively to explore couples options, motivations, and commitments for change
	4.2 Respond to communication difficulties including overt and covert aggression and hostility between individuals

**ELEMENT****PERFORMANCE CRITERIA**

	4.3 Identify strengths of the relationship and encourage individuals to negotiate and develop strategic goals to be achieved in their relationship
	4.4 Develop future session plans based on information and evidence obtained from current counselling session
5. Terminate counselling sessions	5.1 Recognise when the counselling is no longer serving the interests or needs of the client
	5.2 Discuss with the client/s when counselling no longer appears to serve the clients interest or needs and either re-negotiate professional relationship or terminate the service
	5.3 Engage client/s in determining any further external interventions and arrange appropriate referrals
6. Seek feedback from the client/s about the counselling service provided	6.1 Review counselling progress and provision regularly with clients
	6.2 Obtain feedback from the clients at the conclusion of the counselling service
	6.3 Use feedback strategies to encourage client contribution to improved counselling practice
	6.4 Review client feedback and use this to inform practice reflection and improvement as part of supervision

**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>