



**Australian Government**

# **CHCGRP005 Plan and provide group counselling**

**Release: 1**

## CHCGRP005 Plan and provide group 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>Merged CHCFCS805B/CHCGROUP805B/CHCGROUP806B/CHCGR OUP807B.</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.</p>

### Application

This unit describes the skills and knowledge required to plan for group counselling, develop a therapeutic alliance for change with the group, manage the group process and evaluate the outcomes of group counselling sessions. It goes beyond psycho-educational group work.

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. Plan for group counselling

1.1 Develop criteria for appropriate participant selection

1.2 Implement ethical processes for participant selection according to nature of the intervention and individual client needs

1.3 Document and record member selection process in line with established practice and organisation procedures

1.4 Identify a suitable supervisor for group counselling

**ELEMENT****PERFORMANCE CRITERIA**

and negotiate a supervision plan based on the planned counselling and participate profile

2. Develop a therapeutic alliance for interpersonal learning and change

2.1 Establish agreements with group members about the way that the group will operate

2.2 Develop goals for and with the counselling group according to the nature and needs of the group

2.3 Share information that prepares group members for participation in the group process

2.4 Develop appropriate safety measures between the group and group leader

2.5 Reflect on and respond to potential influence of own values on group participants

3. Manage the group counselling process

3.1 Model and encourage respectful communication within the group that addresses the diversity of participant needs

3.2 Manage key transitions and stages of group development using established group work practices and engagement strategies

3.3 Facilitate the group in ways that assist participants to develop connections with each other and with their own thoughts, feelings and actions

3.4 Use strategies that assist group members to develop self awareness, awareness of change and their use of defences

3.5 Identify and manage issues of transference and counter transference

3.6 Identify and manage conflict and negative behaviours constructively

3.7 Monitor the therapeutic alliance at an individual and whole-of-group level

3.8 Facilitate group member debriefing according to individual needs

3.9 Document observations and outcomes of sessions according to professional standards and organisation requirements

**ELEMENT****PERFORMANCE CRITERIA**

4. Evaluate and reflect on group counselling
- 4.1 Evaluate group member patterns of improvement and change according to individual and group goals
  - 4.2 Use evaluation processes that allow group members to provide feedback
  - 4.3 Integrate evaluation of group counselling sessions into a broader reflective practice framework
  - 4.4 Participate in supervision according to planned approaches and apply learning to future work

**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-bd22cc4fle53>