



Australian Government

CHCCSL006 Select and use counselling therapies

Release: 1

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Modification History

Release	Comments
Release 1	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. Significant changes to the elements and performance criteria. New evidence requirements for assessment including volume and frequency requirements. Significant changes to knowledge evidence. Additional assessor requirements. Supersedes CHCCSL506A

Application

This unit describes the skills and knowledge required to select and use different counselling therapies to meet client needs.

This unit applies to individuals whose job role involves working with clients on personal and psychological issues, within established policies, procedures and guidelines.

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. Select counselling therapies

1.1 Analyse client needs, issues and desired changes to be addressed

1.2 Incorporate analysis of client's developmental status and response to change

1.3 Identify and consider co-existing issues in selecting courses of action

1.4 Interpret information about counselling therapies and

ELEMENT**PERFORMANCE CRITERIA**

determine their application, benefits and limitations in addressing client's needs, issues and goals

1.5 Identify and respond to own level of comfort and issues in relation to using identified counselling techniques

1.6 Select most appropriate counselling therapies for application in identified situations

1.7 Communicate details of therapies to be used with client using language the client understands and document in client records

2. Use counselling therapies

2.1 Use techniques according to the principles and application of selected therapies to assist clients

2.2 Combine techniques and processes from different therapies in an effective way

2.3 Use counselling skills appropriately in the context of each counselling modality and technique

2.4 Identify indicators of client issues requiring referral and report or refer according to organisation requirements

3. Evaluate use of counselling therapies

3.1 Evaluate use of techniques and therapies in the context of individual clients

3.2 Reflect on and review own role as counsellor and identify areas for future improvement

3.3 Maintain and enhance knowledge of emerging trends in use of counselling therapies

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>

Assessment Requirements for CHCCSL006 Select and use counselling therapies

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Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- provided counselling to at least 3 different clients, cumulatively using at least 3 different counselling therapies, one of which must be cognitive behavioural therapy (CBT)
- provided counselling services, within scope of own role, addressing at least 4 of the following issues:
 - anxiety
 - family issues
 - grief and loss
 - parenting
 - pregnancy
 - relationship
 - self-esteem
 - social isolation
 - stress management.

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- legal and ethical considerations for the use of counselling therapies, and how these are applied in individual practice:
 - codes of conduct/practice
 - discrimination
 - duty of care
 - human rights
 - mandatory reporting
 - practitioner/client boundaries
 - privacy, confidentiality and disclosure
 - records management
 - rights and responsibilities of workers, employers and clients
 - work role boundaries – responsibilities and limitations
 - work health and safety
- issues and concerns with which clients may present, their characteristics and the types of counselling therapies that may be used in response, including:
 - anxiety
 - family issues
 - grief and loss
 - parenting
 - pregnancy
 - relationship
 - self-esteem
 - social isolation
 - stress management
- features of at least 5 counselling therapies (including CBT) including their:
 - historical development
 - terminology
 - underpinning concepts and principles
 - processes used in applications
 - benefits and limitations for different clients
 - roles of counsellor and client
- how different therapies may be combined to address particular needs
- indicators of client's issues requiring referral
- credible sources of information on counselling therapies and trends.

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated environment that reflects workplace conditions. The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
 - client information
 - individualised counselling plans
- modelling of industry operating conditions, including:
 - scenarios that involve complex interactions with real people in face-to-face situations where candidate and client are physically present in the same room
 - scenarios that involve problem-solving.

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

In addition, assessors must have 2 years experience working in a counselling role and hold a qualification in counselling or related field that involves counselling, at Diploma level or higher (or equivalent qualification).

Links

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