

SCoPEd Column A mapped to CPCAB TC-L4 Assessment Criteria

This mapping document provides a comprehensive overview of how SCoPEd competences in Column A map to the Assessment Criteria of CPCAB Level 4 Diploma in Therapeutic Counselling (TC-L4). Please refer to the TC-L4 Tutor and Candidate Guides for further evidence included in the indicative content.

The document also shows where SCoPEd competences align with additional TC-L4 qualification requirements. Specifically, we have identified where competences present in **Client Work (CW)**, **Counselling Supervision (CS)**, **Group Training Supervision (GTS)**, and **Personal Therapy (PT)** are reflected in the SCoPEd framework. These competences will be evidenced through practical work but may also be documented in the Agency Report, Supervisor Report(s) and Group Training Supervision Feedback form.

Theme 1 Professional framework Competence	Evidence of where taught or assessed (e.g. course modules or assessment tasks)
1.1.A Knowledge of and ability to operate within professional, legal and ethical frameworks	1.1.1 Work within an ethical framework for counselling 1.1.2 Demonstrate professional standards of conduct 1.1.3 Be able to maintain confidentiality in counselling work 1.1.4 Comply with relevant legal requirements for counselling 1.2.1 Work within the ethical, legal and procedural framework in which a given agency operates 1.2.3 Use professional skills to work with others CS, GTS

1.2.A Ability to understand and apply the Equality Act and other relevant legislation to practise safely and ethically within the law

- 1.1.4 Comply with relevant legal requirements for counselling
- 1.1.5 Explain the issues relating to the duty of care with regard to the legislation on safeguarding children, young people and vulnerable adults
- 1.2.1 Work within the ethical, legal and procedural framework in which a given agency operates

CS, GTS

1.3.A Ability to negotiate, maintain and review an appropriate contract with the client or patient, taking account of timing, practice setting and duration of therapy, ensuring that the client's or patient's consent is explicitly informed and freely given

- 2.1.2 Establish the boundaries of the counselling relationship within specific agency settings
- 2.1.3 Sustain the boundaries of the counsellor role
- 2.1.4 Manage breaks and endings appropriately
- 4.1.1 Enable clients to explore their attitudes to and expectations of counselling within specific agency settings
- 4.1.2 Negotiate a shared agreement for the counselling work
- 4.1.3 Regularly review the working agreement with clients

CW

1.4.A Ability to create regular opportunities for the client or patient to review and feedback their experience of the therapy

- 4.1.1 Enable clients to explore their attitudes to and expectations of counselling within specific agency settings
- 4.1.3 Regularly review the working agreement with clients
- 7.2.1 Reflect on and evaluate the effectiveness of own counselling work in agency settings

CW

<p>1.5.A Ability to protect the confidentiality and privacy of clients or patients from unauthorised access or disclosure by informing them in advance about any reasonably foreseeable limitations of confidentiality and privacy</p>	<p>1.1.3 Be able to maintain confidentiality in counselling work 1.1.4 Comply with relevant legal requirements for counselling 1.2.1 Work within the ethical, legal and procedural framework in which a given agency operates 2.1.2 Establish the boundaries of the counselling relationship within specific agency settings</p> <p>CW</p>
<p>1.6.A Ability to provide and maintain a secure framework for both therapist and clients or patients, in terms of meeting arrangements and the therapy setting</p>	<p>1.2.1 Work within the ethical, legal and procedural framework in which a given agency operates 2.1.2 Establish the boundaries of the counselling relationship within specific agency settings 2.1.3 Sustain the boundaries of the counsellor role 4.1.2 Negotiate a shared agreement for the counselling work</p> <p>CW</p>
<p>1.7.A Ability to evaluate own work within an ethical framework and apply the framework to resolve conflicts and ethical dilemmas</p>	<p>1.1.1 Work within an ethical framework for counselling 1.3.1 Monitor limits of proficiency and fitness to practice 1.3.2 Make suicidal risk assessments and work with emergency situations 1.3.3. Support referral where appropriate 2.2.5 Recognise and respond to difficulties in the therapeutic relationship 7.2.1 Reflect on and evaluate the effectiveness of own counselling work in agency settings</p> <p>CS, GTS</p>

1.8.A Ability to address and respond to ethical dilemmas and recognise when to consult with supervisor and (or) other appropriate professionals

- 1.1.1 Work within an ethical framework for counselling
- 1.3.1 Monitor limits of proficiency and fitness to practice
- 1.3.2 Make suicidal risk assessments and work with emergency situations
- 1.3.3. Support referral where appropriate
- 1.3.4 Monitor own effectiveness and identify issues that require personal work
- 7.2.2 Prepare for and use clinical supervision effectively

CS, GTS

1.9.A Ability to work with ethical difficulties and dilemmas, including addressing and resolving contradictions between different codes of practice and conduct, or between ethical requirements and work requirements

- 1.1.1 Work within an ethical framework for counselling
- 1.1.2 Demonstrate professional standards of conduct
- 1.2.1 Use teamwork skills to work with others
- 1.2.2 Use professional skills to work with others
- 7.2.1 Reflect on and evaluate the effectiveness of own counselling work in agency settings

CW, CS, GTS

1.10.A Ability to incorporate equality awareness and consideration of diversity of client's or patient's identity, culture, language, values and worldview into ethical decision-making

- 3.1.1 Explore diversity issues between self and client during the counselling relationship
- 3.1.2 Evaluate how an understanding of diversity can enhance empathy
- 3.1.3 Demonstrate sensitivity to diversity issues with individual clients
- 3.3.1 Reflect on diversity issues which impact on clients accessing counselling within agency settings

CS, GTS

1.11.A Ability to establish and maintain appropriate professional and personal boundaries in online relationships with clients or patients by ensuring that:

- a) reasonable care is taken to separate and maintain a distinction between personal and professional presence on social media where this could result in harmful dual relationships with clients or patients
- b) any public, online communication is carried out in a manner consistent with own ethical framework or code of practice

- 1.1.1 Work within an ethical framework for counselling
- 1.1.2 Demonstrate professional standards of conduct
- 2.1.2 Establish the boundaries of the counselling relationship within specific agency settings
- 2.1.3 Sustain the boundaries of the counsellor role

CW

1.12.A Ability to manage and respond appropriately to the practical and ethical demands of all forms of technologically mediated therapy and communication

- 1.1.1 Work within an ethical framework for counselling
- 1.1.4 Comply with relevant legal requirements for counselling
- 1.2.1 Work within the ethical, legal and procedural framework in which a given agency operates
- 3.3.1 Explore diversity issues between self and client during the counselling relationship

CW

1.13.A Ability to use team-working skills to work with others

- 1.2.2 Use teamwork skills to work with others
- 1.2.3 Use professional skills to work with others

GTS

Theme 2 Assessment Competence

Evidence of where taught or assessed (e.g. course modules or assessment tasks)

2.1.A Ability to make an initial and ongoing assessment of the client's or patient's problems and suitability for therapy being offered

- 1.2.4 Use client assessment to inform the counselling work
- 1.3.2 Make suicidal risk assessments and work with emergency situations.
- 2.1.2 Establish the boundaries of the counselling relationship within specific agency settings
- 4.1.1 Enable clients to explore their attitudes to and expectations of counselling within specific agency settings
- 4.1.2 Negotiate a shared agreement for the counselling work
- 4.1.3 Regularly review the working agreement with clients
- 4.1.4 Reflect on the different ways of offering counselling

CW, CS, GTS

2.2.A Ability to establish agreement on the therapeutic work which attends to the needs of the client or patient, the skills of the therapist and the time available

- 1.2.4 Use client assessment to inform the counselling work
- 2.1.2 Establish the boundaries of the counselling relationship within specific agency settings
- 4.1.1 Enable clients to explore their attitudes to and expectations of counselling within specific agency settings
- 4.1.2 Negotiate a shared agreement for the counselling work

CW

<p>2.3.A Ability to recognise own professional limitations, and in collaboration with clients or patients and other professionals as appropriate, manage the process of referral during assessment and throughout therapy</p>	<p>1.2.3 Use professional skills to work with others 1.3.1 Monitor limits of proficiency and fitness to practise 1.3.3 Support referral where appropriate 6.2.3 Use clinical supervision to identify clients with severe mental health problems and support the referral process 7.2.1 Reflect on and evaluate the effectiveness of own counselling work in agency settings</p> <p>CS, GTS</p>
<p>2.4.A Ability to assess the client’s or patient’s suitability for technologically mediated therapy</p>	<p>1.2.4 Use client assessment to inform the counselling work 3.3.1 Reflect on diversity issues which impact on clients accessing counselling within agency settings</p> <p>CW</p>
<p>2.5.A Ability to draw upon knowledge of common mental health problems and symptoms of psychological distress (with due understanding of cultural norms) during assessment and throughout therapy</p>	<p>1.2.4 Use client assessment to inform the counselling work 3.1.3 Demonstrate sensitivity to diversity issues with individual clients 6.2.1 Understand and work with common life problems and obstacles to well-being 6.2.2 Understand and work with common mental health problems</p> <p>CW</p>
<p>2.6.A Ability to understand core issues relating to the role of psychiatric drugs, dependence and withdrawal and the implications these have for clients or patients in therapy</p>	<p>6.2.1 Understand and work with common life problems and obstacles to well-being 6.2.2 Understand and work with common mental health problems 6.2.4 Reflect on different approaches to understanding mental health</p> <p>CS, GTS</p>

<p>2.7.A Ability to work within own scope of practice and professional limitations and manage the process of referrals where appropriate</p>	<p>1.3.1 Monitor limits of proficiency and fitness to practise 1.3.3 Support referral where appropriate 6.2.3 Use clinical supervision to identify clients with severe mental health problems and support the referral process</p> <p>CS, GTS</p>
<p>2.8.A Ability to make initial and ongoing risk assessments regarding clients' or patients' and (or) others' safety, and comply with safeguarding guidance, appropriate to the therapy setting taking into account own limits of competence</p>	<p>1.1.5 Explain the issues relating to the duty of care with regard to the legislation on safeguarding children, young people and vulnerable adults 1.2.4 Use client assessment to inform the counselling work 1.3.1 Monitor limits of proficiency and fitness to practice 1.3.2 Make suicidal risk assessments and work with emergency situations 6.2.3 Use clinical supervision to identify clients with severe mental health problems and support the referral process</p> <p>CS, GTS</p>
<p>2.9.A Ability to collaborate with clients or patients and (or) others as appropriate to assess risks, needs and strengths when working with imminent and ongoing: • suicidal ideas and (or) behaviour • self-harming ideas and (or) behaviour • risk of harm to clients or patients from third parties e.g. situations of domestic abuse</p>	<p>1.1.5 Explain the issues relating to the duty of care with regard to the legislation on safeguarding children, young people and vulnerable adults 1.2.2 Use teamwork skills to work with others 1.2.3 Use professional skills to work with others 1.2.4 Use client assessment to support the client work 1.3.2 Make suicidal risk assessments and work with emergency situations 4.1.2 Negotiate a shared agreement for the counselling work 6.2.3 Use clinical supervision to identify clients with severe mental health problems and support the referral process</p> <p>CW, CS, GTS</p>

<p>2.10.A Ability to contain clients or patients when in crisis by providing information about self-care strategies and making clear arrangements for future meetings or contact</p>	<p>1.3.2 Make suicidal risk assessments and work with emergency situations 4.1.2 Negotiate a shared agreement for the counselling work</p> <p>CW</p>
<p>2.11.A Ability to make an initial and ongoing assessment of the risks for both parties specific to the environment of technologically mediated therapy</p>	<p>1.3.2 Make suicidal risk assessments and work with emergency situations</p> <p>CW</p>

Theme 3 Therapeutic relationship Competence

Evidence of where taught or assessed (e.g. course modules or assessment tasks)

3.1.A Ability to understand the central importance of the role and purpose of the therapeutic relationship within the therapeutic approach

- 2.2.1 Explain the nature and significance of the therapeutic relationship
- 2.2.2 Establish and develop the therapeutic relationship
- 2.2.4 Use the therapeutic relationship to inform and enhance the therapeutic process

CW, CS, GTS

3.2.A Ability to demonstrate personal qualities associated with supporting a strong therapeutic relationship including:

- showing appropriate levels of empathy, warmth, concern, confidence and genuineness, matched to the client's or patient's need
- experiencing and communicating a fundamentally accepting attitude
- being respectful, non-judgmental, and approachable with an ability to establish rapport
- being flexible and allowing the client or patient to discuss issues which are important to them

- 3.1.2 Evaluate how an understanding of diversity can enhance empathy
- 3.1.3 Demonstrate sensitivity to diversity issues with individual clients
- 2.2.1 Enable the client to identify, prioritise and focus on their agenda
- 2.2.3 Enable clients to explore their unspoken agendas
- 4.1.3 Regularly review the working agreement with clients

CW, CS, GTS, PT

<p>3.3.A Ability to explore with the client or patient and reflect upon the impact that diversity of their identity, culture, language, values and worldview (including protected characteristics) has upon the relationship and the therapeutic process, and use this shared understanding in ongoing work</p>	<p>3.1.1 Explore diversity issues between self and client during the counselling relationship 3.1.2 Evaluate how an understanding of diversity can enhance empathy 3.1.3 Demonstrate sensitivity to diversity issues with individual clients</p> <p>CW, CS, GTS</p>
<p>3.4.A Ability to reflect on and understand the impact of working with a third party present in the therapy sessions (e.g. as translator, interpreter, signer, carer)</p>	<p>3.1.3 Demonstrate sensitivity to diversity issues with individual clients 3.3.2 Reflect on issues relating to working with a third-party present</p> <p>CS, GTS</p>
<p>3.5.A Ability to communicate empathy, sensitivity, acceptance, openness and curiosity towards all aspects of diversity and respond in a way that shows an understanding of the client's or patient's perspective</p>	<p>2.2.3 Enable clients to explore their unspoken agendas 3.1.1 Explore diversity issues between self and client during the counselling relationship 3.1.2 Evaluate how an understanding of diversity can enhance empathy 3.1.3 Demonstrate sensitivity to diversity issues with individual clients 3.2.1 Explore and challenge own beliefs and values 3.2.2 Explore own issues, fears and prejudices concerning working with client diversity</p> <p>CW</p>

<p>3.6.A Ability to work therapeutically with issues of diversity and intersectionality, taking account of the different dimensions of diversity within a person</p>	<p>3.1.1 Explore diversity issues between self and client during the counselling relationship 3.1.2 Evaluate how an understanding of diversity can enhance empathy 3.1.3 Demonstrate sensitivity to diversity issues with individual clients</p> <p>CW</p>
<p>3.7.A Ability to value and understand the person within their unique context including, but not limited to, their family, social, community and cultural setting alongside their personal history and sense of identity</p>	<p>3.1.1 Explore diversity issues between self and client during the counselling relationship 3.1.2 Evaluate how an understanding of diversity can enhance empathy 3.1.3 Demonstrate sensitivity to diversity issues with individual clients</p> <p>CW, CS, GTS</p>
<p>3.8.A Ability to establish and hold appropriate boundaries, creating and maintaining a collaborative relationship rooted in courtesy and respect</p>	<p>2.1.2 Establish the boundaries of the counselling relationship within specific agency settings 2.1.3 Sustain the boundaries of the counsellor role 4.1.2 Negotiate a shared agreement for the counselling work 4.2.1 Enable clients to identify, prioritise and focus on their agenda 4.2.3 Enable clients to explore their unspoken agendas</p> <p>CW</p>
<p>3.9.A Ability to be responsive to the client's or patient's agenda, focus, therapeutic needs and pace</p>	<p>4.2.1 Enable the client to identify, prioritise and focus on their agenda 4.2.3 Enable clients to explore their unspoken agendas</p> <p>CW</p>

<p>3.10.A Ability to recognise, understand and work with issues of power and how these may affect the therapeutic relationship</p>	<p>2.1.3 Sustain the boundaries of the counsellor role 2.2.3 Reflect on the nature and quality of the therapeutic relationship throughout the counselling work 2.2.5 Recognise and respond to difficulties and conflicts in the therapeutic relationship 3.1.1 Explore diversity issues between self and client during the counselling relationship</p> <p>CW, CS, GTS</p>
<p>3.11.A Ability to explore the client’s or patient’s expectations and understanding of therapy and the relationship with the therapist</p>	<p>2.1.2 Establish the boundaries of the counselling relationship within specific agency settings 4.1.1 Enable clients to explore their attitudes to and expectations of counselling within specific agency settings 4.1.2 Negotiate a shared agreement for the counselling work</p> <p>CW</p>
<p>3.12.A Ability to agree a shared understanding of the purpose, nature and process of therapy and the therapeutic relationship with the client or patient</p>	<p>2.1.2 Establish the boundaries of the counselling relationship within specific agency settings 4.1.1 Enable clients to explore their attitudes to and expectations of counselling within specific agency settings 4.1.2 Negotiate a shared agreement for the counselling work</p> <p>CW</p>
<p>3.13.A Ability to establish, sustain and develop the therapeutic relationship and to engender trust and authentic connection</p>	<p>2.2.2 Establish and develop the therapeutic relationship 2.2.3 Reflect on the nature and quality of the therapeutic relationship throughout the counselling work 2.2.4 Use the therapeutic relationship to inform and enhance the therapeutic process 2.2.5 Recognise and respond to difficulties and conflicts in the therapeutic relationship</p> <p>CW</p>

<p>3.14.A Ability to form an empathic connection which communicates understanding of the client’s or patient’s experience</p>	<p>2.2.4 Use the therapeutic relationship to inform and enhance the therapeutic process 3.1.1 Explore diversity issues between self and client during the counselling relationship 3.1.2 Evaluate how an understanding of diversity can enhance empathy 3.1.3 Demonstrate sensitivity to diversity issues with individual clients</p> <p>CW</p>
<p>3.15.A Ability to enable the appropriate discussion of and (or) expression of the client’s or patient’s emotions, and understand and respond therapeutically to the emotional content of sessions</p>	<p>4.2.1 Enable the client to identify, prioritise and focus on their agenda 4.2.3 Enable clients to explore their unspoken agendas</p> <p>CW, CS, GTS</p>
<p>3.16.A Ability to be aware of and manage own emotional or physical responses to the client or patient</p>	<p>3.1.2 Evaluate how an understanding of diversity can enhance empathy 3.2.1 Explore and challenge own beliefs and values 3.2.2 Explore and challenge own issues, fears and prejudices concerning working with client diversity 5.2.1 Work on own emotional difficulties and internal conflicts that could impact on client work 5.2.2 Work on own recent and past life events that could impact on client work 5.2.3 Work on own relationship difficulties that could impact on client work 5.3.2 Use awareness of self during counselling sessions to enhance the therapeutic process</p> <p>CW, CS, GTS, PT</p>

<p>3.17.A Ability to recognise how breaks and holidays may affect the therapeutic relationship and process, and make appropriate arrangements for clients or patients to seek support in case of emergency</p>	<p>1.3.3 Support referral where appropriate 2.1.4 Manage breaks and endings appropriately</p> <p>CW, CS, GTS</p>
<p>3.18.A Ability to be open and aware that the client or patient may have an unspoken agenda</p>	<p>4.2.1 Enable the client to identify, prioritise and focus on their agenda 4.2.2 Use regular reviews and clinical supervision to maintain the focus on the client’s agenda throughout the counselling work 4.2.3 Enable clients to explore their unspoken agendas</p> <p>CW</p>
<p>3.19.A Ability to reflect on and tolerate uncertainty, responding therapeutically while maintaining appropriate boundaries</p>	<p>2.1.3 Sustain the boundaries of the counsellor role 2.2.3 Reflect on the nature and quality of the therapeutic relationship throughout the counselling work</p> <p>CW</p>
<p>3.20.A Ability to attend to, reflect on and respond to the client’s or patient’s verbal and nonverbal communication as part of the therapeutic process</p>	<p>4.1.3 Regularly review the working agreement with clients 4.2.1 Enable the client to identify, prioritise and focus on their agenda 4.2.3 Enable clients to explore their unspoken agenda 6.1.4 Use counselling skills and techniques associated with own theoretical approach</p> <p>CW, CS, GTS</p>

<p>3.21.A Ability to recognise and respond to difficulties or ruptures in the therapeutic relationship</p>	<p>2.2.3 Reflect on the nature and quality of the therapeutic relationship throughout the counselling work 2.2.5 Recognise and respond to difficulties and conflicts in the therapeutic relationship</p> <p>CW, CS, GTS</p>
<p>3.22.A Ability to make professional arrangements in the event of a sudden or unplanned break or ending and communicate the arrangements to the client or patient</p>	<p>1.2.3 Use professional skills to work with others 2.1.4 Manage breaks and endings appropriately</p> <p>CW</p>

3.23.A Ability to foster and maintain a good therapeutic relationship including:

- **capacity to recognise and address threats to the therapeutic relationship**
- **ability to recognise and respond when strains in the relationship threaten the progress of therapy**
- **ability to use appropriate interventions in response to disagreements about tasks and goals**
- **being aware of possible responses and meanings for the client or patient if the therapist takes external action (e.g. when needing to implement risk management procedures)**
- **ability to address difficulties related to equality, diversity, and inclusion in order to repair any damage to the therapeutic relationship**

- 2.2.2 Establish and develop the therapeutic relationship
- 2.2.3 Reflect on the nature and quality of the therapeutic relationship
- 2.2.4 Use the therapeutic relationship to inform and enhance the therapeutic process
- 2.2.5 Recognise and respond to difficulties and conflicts in the therapeutic relationship
- 3.1.1 Explore diversity issues between self and client during the counselling relationship
- 3.1.3 Demonstrate sensitivity to diversity issues with individual clients
- 3.2.2 Explore and challenge own issues, fears and prejudices concerning working with client diversity

CW, CS, GTS

3.24.A Ability to clearly communicate about endings with the clients or patients, and work to ensure these are managed safely and appropriately

- 2.1.4 Manage breaks and endings appropriately

CW

3.25.A Ability to end a session appropriately

2.1.4 Manage breaks and endings appropriately

CW

Theme 4 Knowledge and skills Competence

Evidence of where taught or assessed (e.g. course modules or assessment tasks)

4.1.A Ability to articulate the rationale and philosophy underpinning own therapeutic practice

- 6.1.1 Use theory of the self, personal history and relationships in client work
- 6.1.2 Use theory of therapeutic change to inform client work
- 6.1.4 Use counselling skills and techniques associated with own theoretical approach

CS, GTS

4.2.A An understanding of and the ability to apply the theory and practice of therapy from assessment to ending including knowledge of:

- a model of person and mind
- a model of gendered and culturally influenced human development
- a model of human change and ways in which change can be facilitated
- a model of therapeutic relationship
- a set of clinical concepts to relate theory to practice

- 6.1.1 Use theory of the self, personal history and relationships in client work
- 6.1.2 Use theory of therapeutic change to inform client work
- 6.1.4 Use counselling skills and techniques associated with own theoretical approach

CS, GTS

<p>4.3.A Ability to apply understanding of suicidal behaviours, and (or) self-harming behaviours, to work collaboratively with clients or patients</p>	<p>1.3.2 Make suicidal risk assessments and work with emergency situations.</p> <p>4.2.2 Use regular reviews and clinical supervision to maintain the focus on the client’s agenda throughout the counselling work</p> <p>6.2.2 Understand and work with common mental health problems</p> <p>6.2.3 Use clinical supervision to identify clients with severe mental health problems and support the referral process</p> <p>6.2.4 Reflect on different approaches to understanding mental health</p> <p>CW, CS, GTS</p>
<p>4.4.A Ability to help the client or patient to become aware of recurring patterns in their relationships in order to facilitate therapeutic change</p>	<p>4.2.1 Enable the client to identify, prioritise and focus on their agenda</p> <p>4.2.3 Enable clients to explore their unspoken agendas</p> <p>6.1.1 Use theory of the self, personal history and relationships in client work</p> <p>6.1.2 Use theory of therapeutic change to inform client work</p> <p>CW, CS, GTS</p>
<p>4.5.A Ability to recognise symptoms of trauma and acknowledge own limitations and level of competence in work with clients or patients showing such symptoms</p>	<p>1.3.1 Monitor limits of proficiency and fitness to practice</p> <p>6.2.1 Understand and work with common life problems and obstacles to well-being</p> <p>6.2.2 Understand and work with common mental health problems</p> <p>6.2.3 Use clinical supervision to identify clients with severe mental health problems and support the referral process</p> <p>CS, GTS</p>

<p>4.6.A Ability to understand and track the process of change within a core, coherent theoretical framework and adopt a stance as therapist in accordance with it</p>	<p>6.1.1 Use theory of the self, personal history and relationships in client work 6.1.2 Use theory of therapeutic change to inform client work</p> <p>CS, GTS</p>
<p>4.7.A Ability to select and use appropriate therapeutic interventions and (or) responses</p>	<p>6.1.4 Use counselling skills and techniques associated with own theoretical approach</p> <p>CW, CS, GTS</p>
<p>4.8.A Ability to recognise, respect and work to support and enhance the autonomy of the client or patient</p>	<p>4.2.1 Enable the client to identify, prioritise and focus on their agenda 4.2.2 Use regular reviews and clinical supervision to maintain the focus on the client’s agenda throughout the counselling work 4.2.3 Enable clients to explore their unspoken agendas</p> <p>CW</p>
<p>4.9.A Ability to use skills and interventions for the benefit of the clients or patients, that are consistent with underlying theoretical knowledge</p>	<p>6.1.4 Use counselling skills and techniques associated with own theoretical approach</p> <p>CW</p>
<p>4.10.A Ability to invite the client’s or patient’s use of imagination to facilitate work towards therapeutic goals</p>	<p>4.2.1 Enable the client to identify, prioritise and focus on their agenda 4.2.3 Enable clients to explore their unspoken agendas</p> <p>CW</p>

<p>4.11.A Ability to reflect upon own identity, culture, values and worldview, and have the capacity to work and communicate authentically in a non-discriminatory and anti-oppressive manner</p>	<p>3.1.1 Explore diversity issues between self and client during the counselling relationship 3.1.2 Evaluate how an understanding of diversity can enhance empathy 3.1.3 Demonstrate sensitivity to diversity issues with individual clients 3.2.1 Explore and challenge own beliefs and values 3.2.2 Explore and challenge own issues, fears and prejudices concerning working with client diversity</p> <p>CW, CS, GTS, PT</p>
<p>4.12.A Ability to acknowledge diversity and explore the impact of discrimination, prejudice and oppression on mental health</p>	<p>3.1.3 Demonstrate sensitivity to diversity issues with individual clients 3.2.1 Explore and challenge own beliefs and values 3.2.2 Explore and challenge own issues, fears and prejudices concerning working with client diversity 3.3.1 Reflect on diversity issues which impact on clients accessing counselling within agency settings</p> <p>CS, GTS</p>
<p>4.13.A Ability to a) recognise when technologically mediated therapy effects a lowering of inhibition in either the client or patient and (or) the therapist and b) regulate and understand the impact this has on the therapeutic relationship</p>	<p>2.2.3 Reflect on the nature and quality of the therapeutic relationship throughout the counselling work 2.2.5 Recognise and respond to difficulties and conflicts in the therapeutic relationship 4.1.4 Reflect on the different ways of offering counselling</p> <p>CS, GTS</p>
<p>4.14.A Ability to understand the inter-relatedness of psychological and physical illness</p>	<p>6.2.2 Understand and work with common mental health problems 6.2.4 Reflect on different approaches to understanding mental health</p> <p>CS, GTS</p>

<p>4.15.A Ability to understand the use of audit and evaluation tools to review own counselling work</p>	<p>7.2.3 Investigate the use of evaluative tools in counselling work</p> <p>CS, GTS</p>
<p>4.16.A Ability to understand, assess and apply research evidence to own practice</p>	<p>6.1.3 Use research findings to enhance understanding of client work</p> <p>CS, GTS</p>
<p>4.17.A Ability to communicate clearly, appropriately and using understandable language with clients or patients, colleagues and other professionals providing and receiving information which may be complex, sensitive and (or) contentious</p>	<p>1.2.2 Use teamwork skills to work with others</p> <p>1.2.3 Use professional skills to work with others</p> <p>4.2.3 Enable clients to explore their unspoken agendas</p> <p>CW, CS, GTS</p>

Theme 5 Self-awareness and reflection Competence

Evidence of where taught or assessed (e.g. course modules or assessment tasks)

5.1.A Ability to make use of personal development, self-awareness and supervision to reflect on, learn from and enhance therapeutic practice

- 5.2.1 Work on own emotional difficulties and internal conflicts that could impact on client work
- 5.2.2 Work on own recent and past life events that could impact on client work
- 5.2.3 Work on own relationship difficulties that could impact on client work
- 5.3.1 Reflect on the importance of self-awareness in counselling work
- 5.3.2 Use awareness of self during counselling sessions to enhance the therapeutic process
- 7.1.1 Evaluate own progress, identify needs and plan learning
- 7.2.2 Prepare for and use clinical supervision effectively

CS, GTS, PT

5.2.A Ability to use awareness of self during therapy to enhance the therapeutic process

- 2.2.4 Use the therapeutic relationship to inform and enhance the therapeutic process
- 3.1.1 Explore diversity issues between self and client during the counselling relationship
- 5.2.1 Work on own emotional difficulties and internal conflicts that could impact on client work
- 5.2.2 Work on own recent and past life events that could impact on client work
- 5.2.3 Work on own relationship difficulties that could impact on client work
- 5.3.1 Reflect on the importance of self-awareness in counselling work
- 5.3.2 Use awareness of self during counselling sessions to enhance the therapeutic process

CS, GTS, PT

<p>5.3.A Ability to reflect on aspects of own identity, culture, values and worldview that have most influenced ‘self’ and work on own preconceptions and bias</p>	<p>3.2.1 Explore and challenge own beliefs and values 3.2.2 Explore and challenge own issues, fears and prejudices concerning working with client diversity 5.2.1 Work on own emotional difficulties and internal conflicts that could impact on client work 5.2.2 Work on own recent and past life events that could impact on client work 5.2.3 Work on own relationship difficulties that could impact on client work</p> <p>CS, GTS, PT</p>
<p>5.4.A Ability to understand the significance and impact of own identity, culture, language, values and worldview in work with clients or patients</p>	<p>3.1.1 Explore diversity issues between self and client during the counselling relationship 3.1.2 Evaluate how an understanding of diversity can enhance empathy 5.2.1 Work on own emotional difficulties and internal conflicts that could impact on client work 5.2.2 Work on own recent and past life events that could impact on client work 5.2.3 Work on own relationship difficulties that could impact on client work</p> <p>CW, CS, GTS</p>
<p>5.5.A Ability to monitor and evaluate fitness to practise, and maintain own self-care and wellbeing</p>	<p>1.3.1 Monitor limits of proficiency and fitness to practise 1.3.4 Monitor own effectiveness and identify issues that require personal work 5.3.3 Use clinical supervision to develop own awareness of implicit processes 7.1.1 Evaluate own progress, identify needs and plan learning 7.2.1 Reflect on and evaluate the effectiveness of own counselling work in agency settings</p> <p>CS, GTS</p>

5.6.A Understand the importance of supervision, with the ability to contract for supervision and use it to address professional and developmental needs

- 4.2.2 Use regular reviews and clinical supervision to maintain the focus on the client's agenda throughout the counselling work
- 5.3.3 Use clinical supervision to develop own awareness of implicit processes
- 6.2.3 Use clinical supervision to identify clients with severe mental health problems and support the referral process
- 7.2.2 Prepare for and use clinical supervision effectively

CS, GTS

5.7.A Ability to evaluate learning from supervision and apply to ongoing practice

- 4.2.2 Use regular reviews and clinical supervision to maintain the focus on the client's agenda throughout the counselling work
- 5.3.3 Use clinical supervision to develop own awareness of implicit processes
- 7.1.1 Evaluate own progress, identify needs and plan learning
- 7.2.1 Reflect on the effectiveness of own counselling work in agency settings
- 7.2.2 Prepare for and use clinical supervision effectively

CS, GTS