

## PT38 Enable the client to understand your humanistic approach to therapy

### OVERVIEW

This standard is about ensuring that the client understands the therapist's humanistic values, the philosophy that underlies the particular approach the therapist is offering and what the client may experience in therapy. It depends on the ability of the therapist to facilitate dialogue with the client and to interact with them in ways that are consistent with the stated beliefs, assumptions and methodology of their approach.

This standard describes therapeutic practice adopted successfully in mental health and wellbeing interventions for adults, based on the philosophical tenets of the humanistic tradition and incorporating a range of approaches from a humanistic value base. (See reference in the additional information section on page 3.) To apply this standard, practitioners also need to take account of the multiple problems and complex co-morbidities that individual clients may bring to therapy.

Users of this standard will need to ensure that they are receiving supervision and that their practice reflects up to date information and policies. This standard should be understood in the context of the Digest of National Occupational Standards for Psychological Therapies.

Version No 1

### KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

#### **The actualising tendency and process**

1. the role of actualisation in human health and growth
2. the ways in which internal processes out of the client's awareness can undermine, distort or block the actualising tendency
3. how the actualising tendency is expressed in the practice of humanistic therapy
4. the concept of symptoms as a signal for integrating experience and growth
5. the concept of symptoms as indicators of the actualisation process

#### **Principles of humanistic therapy**

6. philosophy and principles that inform humanistic therapy
7. the humanistic theories of therapeutic process
8. approaches to psychological therapy that have grown out of the humanistic psychology movement
9. experiential methods of learning
10. non-humanistic approaches that influence humanistic therapy

#### **Conditions for therapeutic change**

11. the rationale for responding empathically to the client and being warm, open, non-judgmental, genuine and transparent
12. how to employ the specific methodology, key concepts and relevant components of the model being used
13. how to maintain therapeutic conditions
14. psychological conditions that make change more likely

#### **Human growth and development and the origins of psychological difficulties**

15. models of change, health and wellbeing
16. the role that emotional experiencing has in an individual's awareness of how an action contributes to growth
17. the role of relationship in the development of self-experience
18. the role of internal processes out of the client's awareness in difficulties in self-experience
19. how thinking, feeling and behaviour are determined by an individual's subjective reality
20. the development and benefits of the capacity to reflect on inner processes and experiences
21. the multiple perspectives from which human experience can be viewed

#### **Relational processes in the immediate therapeutic relationship**

22. the mechanism and nature of shared meanings co-constructed by therapist and client
23. how the therapeutic relationship reflects the relationship histories of both the client and the therapist
24. how the explicit and implicit meanings that shape the client's and therapist's perceptions of their world may be experienced within and influence the therapeutic relationship

### **PERFORMANCE CRITERIA**

You must be able to do the following:

1. communicate the central belief in the client's autonomy and capacity to discover inner resources for growth and problem-resolution
2. convey to the client an understanding of the therapy being offered and that this entails the intention to:

1. enable a collaborative relationship with the client that aims to jointly explore the client's difficulties and ways of addressing them
  2. understand the client's world from their perspective
  3. hold an accepting attitude
  4. be genuine and open with the client
  5. develop a therapeutic relationship intended to be an important part of the process of change
3. convey your understanding that:
    1. therapy may increase contact with aspects of self and feelings and that at times this may be experienced as difficult and upsetting
    2. discussion of issues of concern to the client may be beneficial in relieving emotional distress, reducing psychological isolation and feelings of hopelessness
    3. therapy may lead to the development of new awareness and understanding and to new forms of thinking, decision making and behaviour that may have implications in the client's relational world
  4. enable the client to identify when humanistic therapy is not helpful for them
  5. maintain an open attitude and ongoing dialogue with the client about what they want from therapy

## **ADDITIONAL INFORMATION**

This National Occupational Standard was developed by Skills for Health.

This standard is derived from research reported in Roth A D, Hill A and Pilling S (2009) *The competences required to deliver effective Humanistic Psychological Therapies*. Centre for Outcomes Research & Effectiveness (CORE) University College London.

This standard has indicative links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: Core 1 Communication