

PT40 Maintain a space for exchange, learning and growth in humanistic therapy

OVERVIEW

This standard is about how the therapist can create the psychological conditions necessary to give the client opportunities to think and feel about themselves in a connected, grounded and holistic way that allows them to process their experiences and move forward from them. It is about enabling awareness, acceptance, discovering ones authenticity and autonomy.

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 2.) 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:

Conditions for therapeutic change

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

Human growth and development and the origins of psychological difficulties

5. models of change, health and wellbeing
6. the impact of conflicts within the individual
7. the impact of social context on psychological growth and development
8. the role that emotional experiencing has in an individuals awareness of how an action contributes to growth
9. the role of relationship in the development of self-experience
10. the mechanisms and effects of internal processes out of the clients awareness in the development of self-experience
11. the role of internal processes out of the clients awareness in difficulties in self-experience
12. how thinking, feeling and behaviour are determined by an individuals subjective reality
13. the impact on psychological development of empathic attunement and acceptance and the extent of its absence during the formative years
14. the mechanism and effects of internalisation of the values, beliefs and attitudes of others
15. the development and benefits of the capacity to reflect on inner processes and experiences
16. the development of the capacity to balance inner and outer realities
17. the multiple perspectives from which human experience can be viewed

Principles of humanistic therapy

18. philosophy and principles that inform humanistic therapy
19. humanistic theories of therapeutic process
20. approaches to psychological therapy that have grown out of the humanistic psychology movement
21. experiential methods of learning
22. non-humanistic approaches that influence humanistic therapy

PERFORMANCE CRITERIA

You must be able to do the following:

1. establish and maintain a psychological environment that is safe enough for you and the client to work creatively together and take the risks the client wishes to take
2. support the client who is at risk of being overwhelmed by feelings by maintaining a calm and containing presence
3. actively respond to the client and facilitate their capacity for self-exploration through your empathic communications and tentative understandings
4. work comfortably and creatively with silences in the therapeutic process
5. tolerate uncertainty and the unknown within the therapeutic process
6. work at the clients pace
7. engage with the therapeutic process as mutual learning and be willing to be changed through the therapeutic encounter
8. work openly and non-defensively with the clients experience of you
9. recognise and work with your personal vulnerability in relationship with the client

10. recognise and work with the relationship as a model of an experience on which you and the client can draw

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